THE SATURDAY EVENING POST

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July/Aug.'86

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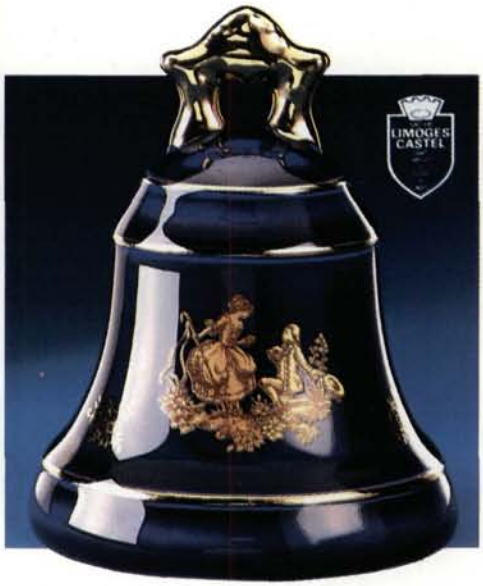

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Now, through membership in the Bell Collectors Club you can build a collection of the *crème de la crème* of porcelain and china bells – a collection which would be practically impossible to assemble on your own.

Each month, you will receive a beautiful bell. Our representatives are in contact with porcelain houses all around the world. They select only the very best bells. Indeed, many of the monthly selections will have been created exclusively for the Club's members.

The bells will bear the names and identifying marks of the great houses that created them. They will reflect the different artistic visions of the various nations and porcelain makers. Thus, the individual bells will have infinite variety... yet together they will form a harmonious collection. A card will accompany each bell describing its motif and its maker.

This lovely solid wood display can be an attractive addition to your home. It and other unusually fine display pieces are offered to members.

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One of the nice things about collecting bells is that besides being beautiful, they don't cost a lot from the Bell Collectors Club. Regular monthly selections typically cost from $9.50 to $17.50 each.

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(Cover illustration by J.C. Leyendecker)

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Letters

Creditable Idea

A thought came to mind after reading your article on kidney care that mentioned that the federal government must pay $25,000 per year for each of the 80,000 patients on dialysis.

By allowing tax credits or deductions to those donating organs, both the shortage of kidneys and the huge government financial burden would cease to exist.

Hopefully my small voice will be heard.

Here is a letter that I sent to Congressman Kostmayer:

To: The Hon. Peter H. Kostmayer
House of Representatives
Washington, D.C.

If the statements presented in the enclosed *Saturday Evening Post* article are correct our government must spend $2 billion *annually* to provide dialysis treatment for 80,000 people due to an insufficient supply of donor kidneys.

A thought came to mind, after reading the article, on how this problem could be alleviated. By allowing tax credits or deductions to those agreeing to donate their organs at time of death, both the shortage of kidneys and the huge national outlay would eventually be canceled. Credits on a graduated scale would be allowed following receipt of periodic medical evaluation and approval.

Verification could be made at time of death through a computer data base registry of donors that could be under the direction of the I.R.S.

continued on following page

About the Cover

In the first half of this century, J.C. Leyendecker's illustrations were as synonymous with *The Saturday Evening Post* as Norman Rockwell's are today. Leyendecker, a genius of the golden age of illustration, painted 322 *Post* covers between 1899 and 1943. His stylized rendering of the Statue of Liberty, chosen for this special Liberty issue, originally appeared on the *Post* cover July 7, 1934. The hologram photo of the statue that appears on newsstand copies was produced by the American Bank Note Company.

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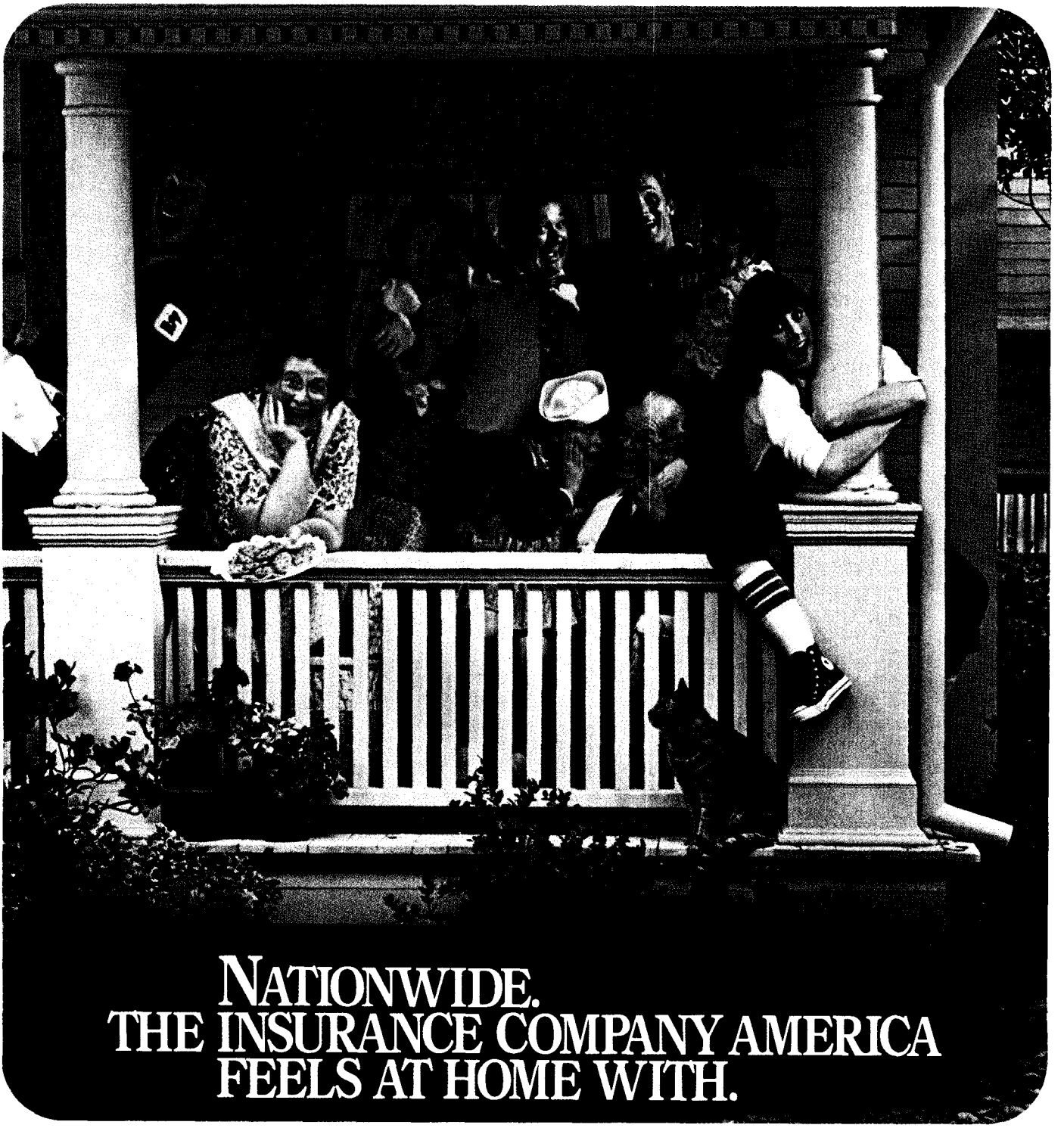

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Other body organs could be made available by this plan but at a lesser rate of compensation.

Mailings will be made to others regarding this matter.

Charles Sota
Willow Grove, Pennsylvania

High Risk for Breast Cancer

Both my mother and my grandmother died rather early from breast cancer. I doubt they ever had mammography back then. I am mammographed yearly. What else can I do to avoid their sad fate? I'm 49.

Sharon Klein
New Orleans, Louisiana

Having a mother or a sister who has had breast cancer places you in an increased risk group. There is evidence that decreasing the fat in your diet may help to avoid breast cancer.

Since you have yearly mammography, you'll be interested in a recent report from Dr. Myron Moskowitz of the University of Cincinnati about a multi-year mammography study. Dr. Moskowitz is a leading advocate of mammographic screening and one of this country's foremost mammography experts.

His analysis showed that there were no breast-cancer deaths at five years in 4,000 Cincinnati women aged 40 to 49 who were mammographed yearly. Thirty percent of the malignancies they developed were discovered before they were one centimeter in diameter.

In a March 14 Journal of the American Medical Association *article, Dr. Michael Wertheimer and his associates reported: "It is no longer tenable to sit in our offices and wait for women to bring their advanced breast cancer to us. We must actively and aggressively screen asymptomatic women and search for women with occult [hidden], early disease. These are the women that we can help most with treatment. Given the minimal amount of radiation exposure utilizing modern mammographic techniques (0.1 to 0.8 rad for a two-view examination), radiation risk per se should no longer be a factor in consumer and provider acceptance of mammography. The fact that some women continue to harbor fears about the risk of mammography-related radiation exposure needs to be recognized and combated through carefully planned community and personal health education activities."*

In an earlier letters column we mentioned that we were looking for a sponsor for a Mammobile that would bring up-to-date mammographic equipment to women who are not near well-equipped medical centers. We are now happy to report that we have a generous matching fund from Mary Kay Cosmetics to launch our first Mammobile. We hope we can launch many more, because the need is tremendous.

Happiness is announcing Mary Kay Cosmetics as the first sponsor for the *SatEvePost* Mammobile. Beverly LaHaye (right) sets an example for all Concerned Women for America members by being mammogramed on opening day.

As we survey corporations, we find thousands of women, at risk for breast cancer, not getting their yearly mammograms. They are all so eager to do it when they learn the benefits.

This is what the Mammobile is all about. Please volunteer your services. Instructors are needed to teach breast self-examination in the Mammobiles.

If you or any other members of our Society are interested in helping launch Mammogram Awareness Week in your city, please write to us for particulars. *See page 106.*

Uncovered in Portland

In reference to Mr. John F. Butler from Waltham, Massachusetts ("Letters," *Post*, March '86), collecting all the Norman Rockwell covers but missing two!—I not only collect the Rockwells but all the *Saturday Evening Post*s and miss three of them: January 20, 1940; March 1, 1941; April 23, 1949.

As a last resort, as does Mr. Butler, I am asking your help in finding those three! I will of course pay the top price for it—whole magazines in good condition.

Post. . .I love you and thank you very much.

Marcel Gustin
Portland, Oregon

The only copies we have of these issues are those in our bound volumes. Rockwell covers are scarce. Can anyone help Marcel Gustin? The Post *will also buy copies of these back Rockwell issues for our archives.*

Brazil Nuts about Oats

Perhaps this letter would not have been written but for Edith Schrantz' letter in the March '83 issue. It jogged my memory. My grandmother could never put her feet under the bedclothes. The whole family used to joke with her about it. She was found to have had diabetes in 1937.

While I am writing, let me tell you about the pebble you threw into the lake! When the oat-bran article came out, I was delighted; it proved my theory and added to it. And for once, it talked about a product the Brazilian people could obtain. So, I wrote up a small piece about it for the little weekly newspaper. Apparently someone was interested, for it came out

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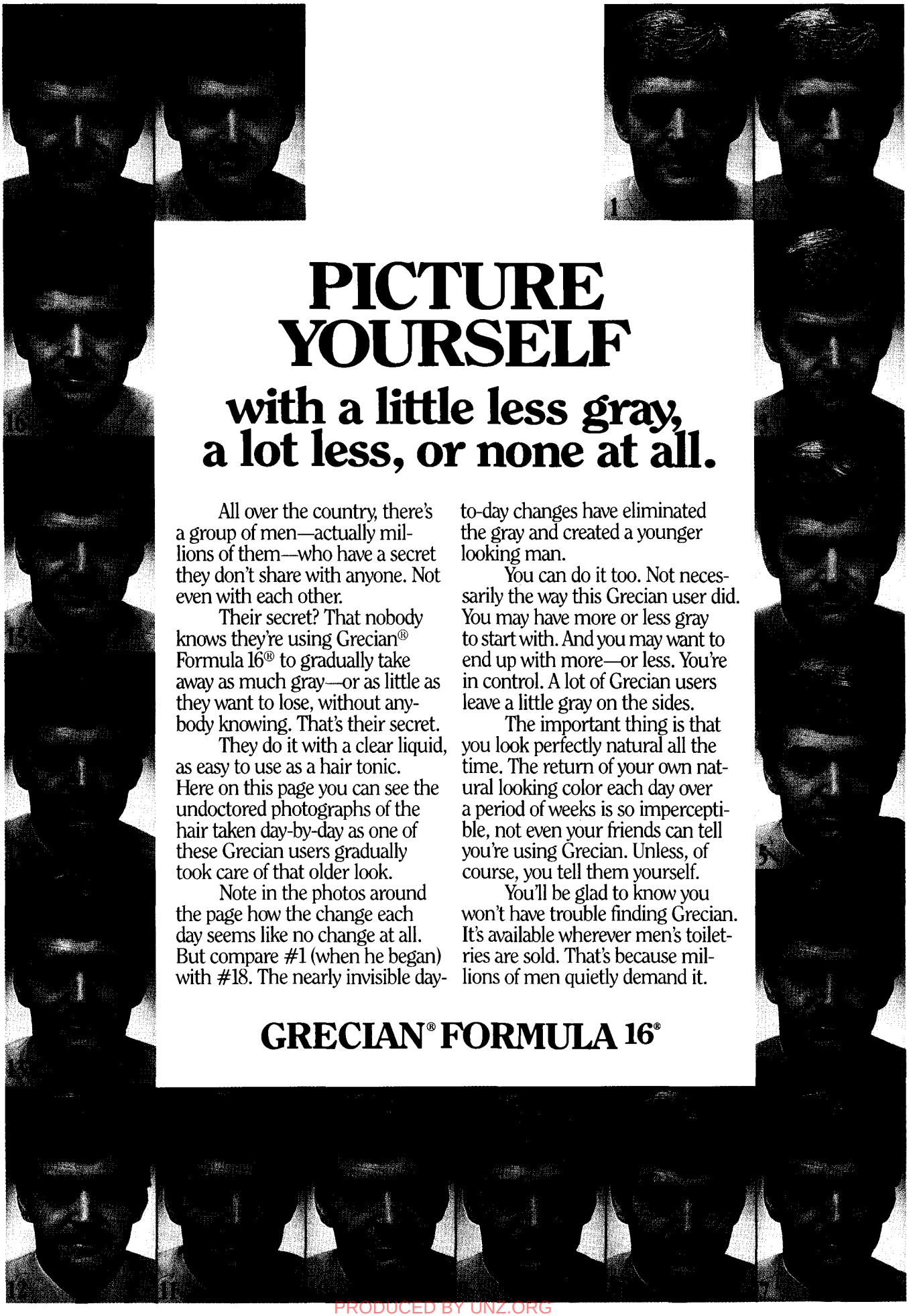

PICTURE YOURSELF

with a little less gray, a lot less, or none at all.

All over the country, there's a group of men—actually millions of them—who have a secret they don't share with anyone. Not even with each other.

Their secret? That nobody knows they're using Grecian® Formula 16® to gradually take away as much gray—or as little as they want to lose, without anybody knowing. That's their secret.

They do it with a clear liquid, as easy to use as a hair tonic. Here on this page you can see the undoctored photographs of the hair taken day-by-day as one of these Grecian users gradually took care of that older look.

Note in the photos around the page how the change each day seems like no change at all. But compare #1 (when he began) with #18. The nearly invisible day-to-day changes have eliminated the gray and created a younger looking man.

You can do it too. Not necessarily the way this Grecian user did. You may have more or less gray to start with. And you may want to end up with more—or less. You're in control. A lot of Grecian users leave a little gray on the sides.

The important thing is that you look perfectly natural all the time. The return of your own natural looking color each day over a period of weeks is so imperceptible, not even your friends can tell you're using Grecian. Unless, of course, you tell them yourself.

You'll be glad to know you won't have trouble finding Grecian. It's available wherever men's toiletries are sold. That's because millions of men quietly demand it.

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over the radio. People began to stop me on the street and call up on the telephone to find out more, and how they can use oats in recipes. Now they have heard that I won a contest "on oats" and there is a run on the stores to buy that. I have been invited to talk on it, write on it, and actually conduct a cooking class on oats! (All in Portuguese, I'll have you know, when my mother tongue is English!)

It's odd, when I think back, how much *The Saturday Evening Post* has influenced my whole life. I can't remember ever not having had it in the home. My grandmother bought it, so it was my first reading material outside of school. Anything printed in the *Post* was gospel; if it was in the magazine, there was no argument about it. Then my parents took it and it was only natural that, when I married in 1952 and came here to live at what was apparently the end of the world, I would subscribe to it, too. We taught our five children to read with it. It was sometimes the only thing that got me through terrible bouts of homesickness, at times holding me to the reality of the real world out there somewhere. Now, I'm 62 years old and still looking to the *SatEvePost* for my ideas about life in general. "Medical Mailbox" is very important to us, too, living so very isolated, as we do. I have only one kidney, also arthritis (gout), so we were interested in your recent articles about that. God bless those dedicated doctors and other people!

I just thought I'd write, as an old friend, to let you know how your magazine acts as a small light in black darkness to many people here who ordinarily just would have no way of knowing so many things that are going on if it weren't for the *SatEvePost* bringing it to them.

Lilburne McVitty Flohr-Svendsen
São Paulo, Brazil

Colitis Club Reports

This diet is a godsend. I seem to be allergic to fructose, not lactose. I have had colitis ever since I was treated for cervical cancer with radiation and cobalt in 1969. I also avoid alcohol and food with seeds; coffee and tea sometimes. Coffee has been hard to give up.

Joan E. Loundagin
Richland, Washington

Lost five pounds on your diet. Two weeks later, arthritis pain eased up. I cut out many of the products you listed. I cut down on skim milk and fruit. I feel much better. I will stay on this diet because it's the natural sugars that hurt.

Ernest Rassano
Nutter Fort, West Virginia

I felt much better after just two days of the diet. I sleep better at night. My hands seem to be much better from the dead, peeling skin that has bothered me for years. My doctor called it "detergent eczema."

Mrs. Russell K: Simpson
Hop Bottom, Pennsylvania

I used a great deal of Moca Mix on oat bran in the morning, also lots of Cool Whip on Jello and fruit. The minute I cut out these two things, there was a great change for the better. I am following the diet about 75 percent and find I feel free to travel and do things I have not been able to do in years.

Mrs. Robert Waldo
Ventura, California

I had some asthma but was never diagnosed as having it. But it has cleared up a lot. My back hurt me so bad, but now it's just when I'm on my feet for awhile. Thank you for the diet. I'm getting so much better.

Grace Filson
Plymouth, Indiana

Lysine for Mononucleosis

I would like to report to you a "medical miracle" that recently happened to my son, Michael, age 15.

On June 4, 1985, Michael was diagnosed as having tonsillitis (TC+ for strep), and started on a course of antibiotics. His throat got worse, and a mono spot on June 8 was positive. His doctor ordered complete rest and a recheck the following week. I immediately started Michael on 1 gm L-lysine q.i.d., based on an article my sister sent me that you had written in *The Saturday Evening Post*. It was basically dealing with herpes but mentioned the success L-lysine had

continued on page 9

"... and to my nephew, Lawrence..."

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Whirlpool
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Our washers and dryers are tough on dirt. Gentle on your clothes.

It takes just the right laundry system to handle the dirtiest dirt...and still give your clothes the care they need. That's why Whirlpool designs a complete line of washers and dryers to help get your laundry done right...and make your world a little easier.

Cycles and settings to handle any load.

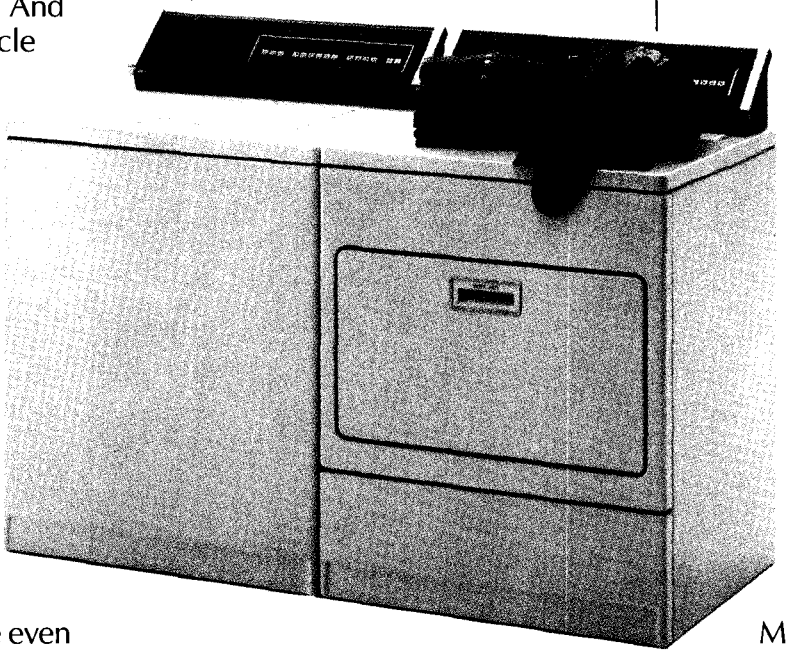
Whirlpool® washers give you a wide range of cycles and settings to choose from. Like a gentle cycle that takes care of your delicate knits. And our Super Wash cycle for that extra-dirty load. So you can be sure you're giving your wash a lot of clean...and a lot of care.

Whirlpool washers also let you select the right water level for each load. So you use only the water and energy you need to get the job done right.

And to make life even easier, our models with touch controls will handle the wash with the touch of a finger.

Dryers that give your clothes the finishing touch.

But getting clothes clean is only half the job. So Whirlpool dryers also give your clothes the care they deserve. Like our Tumble Press® setting that helps cut down on wrinkles. A special setting for knits that gently finishes a delicate wash. Even dryers that let you choose from four different temperature levels.



A size and a style that's just right for you.

Whatever you need in a laundry system, Whirlpool can take care of it. From our heavy-duty models that handle up to 18 pounds of heavy fabric and denim in one load, to our Thin Twin™ washer/dryer unit that fits into a closet, Whirlpool has a model that's right for you.

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The Princess Diana Bride Doll

The magnificent tiara is authentically recreated and includes a real 1/2 point diamond.

The neckline is accented with a dainty taffeta bow and the bodice is adorned with an abundance of hand-sewn sequins and pearl-like beads.

Each earring contains a real 1/2 point diamond.

Shown smaller than actual size of 18" in height.

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on infections. Five days after being diagnosed, Michael was taking his math regents exam (he got a 96), and he felt fine. The following Monday, eight days after his mono spot test, the doctor declared Michael perfectly well! The doctor was amazed at such a rapid recovery.

This story is very special to Michael, however, because he was registered to attend the Syracuse University basketball camp, June 23 to 28. Mike had been dreaming of going to this camp for years. His doctor said "No way" would he be in any condition to attend the camp.

On Wednesday, June 12, or Tuesday, June 11, Mike was flipping channels on our TV and happened upon the "700 Club." They "just happened" to be doing a story on a famous college-basketball player who had contracted mono. He was healed through the power of God, and returned to playing ball in eight or nine days. Mike was so excited! I told him God was no respecter of persons, and we just prayed and believed that Mike would be healed and able to go to the strenuous basketball camp.

As I mentioned earlier in this letter, Michael was declared well in eight to nine days, too—went to camp, and is still doing great!

Having seen you many times on the "700 Club," I do not feel it was an accident that the L-lysine article and the televising of that segment of the "700 Club" happened when my son needed them both.

I thank God for you and your openness to nutritional therapy, and for the "700 Club" and their great television ministry. But most of all, I thank God that he truly does answer prayer.

Priscilla Leonard
Ballston Lake, New York

We're happy to have your son's case history. Dr. Bernard Vagner, in student health at the University of Notre Dame, has been treating mononucleosis patients with lysine over the past four years.

Because there is a tremendous competition to excel in school at Notre Dame, he wants to keep his mononucleosis students in classes. He is able to do this by giving them 1,500 mg. of lysine a day. He says he keeps them on that until they feel better, or he tells them to stay on it for two weeks, after which time they are no longer infectious. In addition to the lysine, he and his colleague also use a small amount of prednisone for a few days.

They rarely have to take their students out of class for mono, and they rarely have to put them to bed between classes.

Forging Ahead?

On the cover of the July/August '85 issue of *The Saturday Evening Post* there was a picture of Elvis Presley. It was done by Mr. Lucian Lupinski. I was wondering if I might get a copy of that picture? I would like to put it on a latch-hook wall hanging.

Mr. Lupinski is a worthy successor of Norman Rockwell. I think that his covers for the *Post* are almost as good as the ones that Rockwell did for you. In fact, they are so good, if he did not sign his works, I would say that they were done by Rockwell.

Dwain E. Hoeppner
Santa Rosa, California

We're sending you a Cromalin print of the Presley cover.

More and more families are choosing gentle, predictable Feen-a-mint Pills, and Feen-a-mint Gum, for relief of constipation. Gum slowly releases its mild stimulant as you chew, so it goes into your system gradually. And for extra gentleness, Pills combine our effective stimulant with the softening agent doctors recommend most.

Use as directed.

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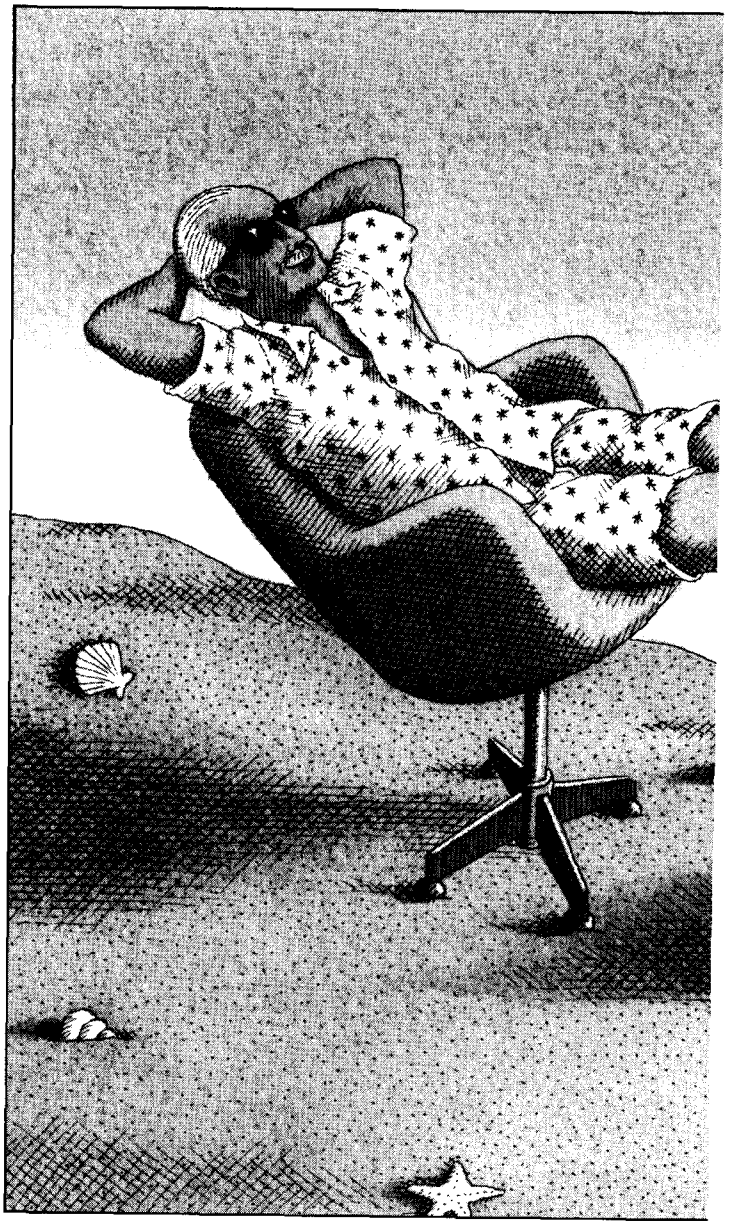
How to enjoy your salary long after you've stopped working.



At 6:37 the alarm rings. And you're up and running. To the train. To a meeting. To the client. And before you know it another day's gone by. Another month. Another year. Until one day you wake up to the fact that you've been working for 20 years.

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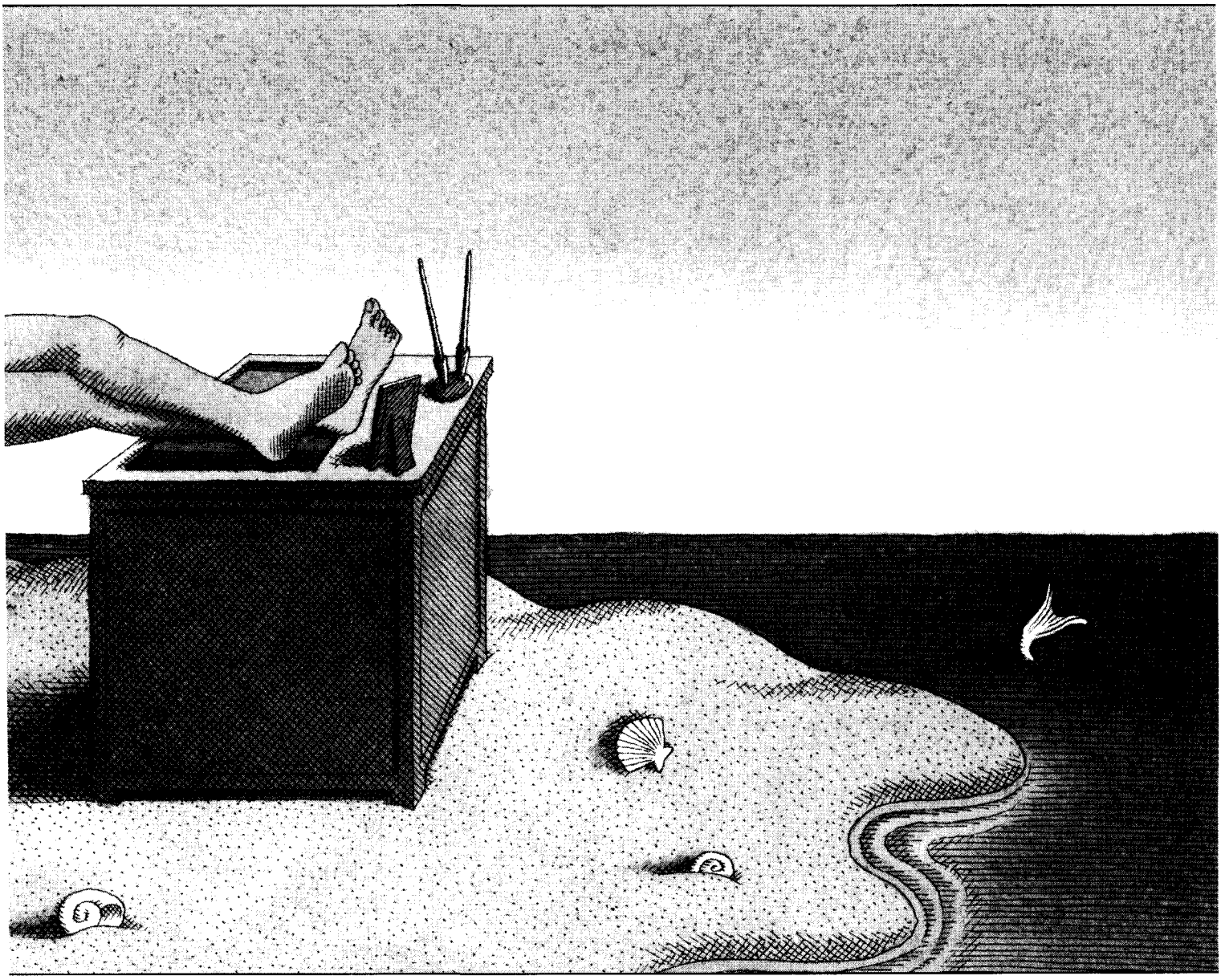

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Post People

It is said that ***Paul Newman*** never served an apprenticeship. After *Somebody Up There Likes Me*, his career took off like his racing cars as *Cat on a Hot Tin Roof, The Hustler, Hud, Cool Hand Luke, Absence of Malice*, and *The Verdict* made him six times an Oscar bridesmaid but never a bride.

Today, Newman's mantel sports an "honorary Oscar." "I was relieved," he says, "that I finally had evened the score with my wife [Joanne Woodward, an Oscar winner for *The Three Faces of Eve*]."

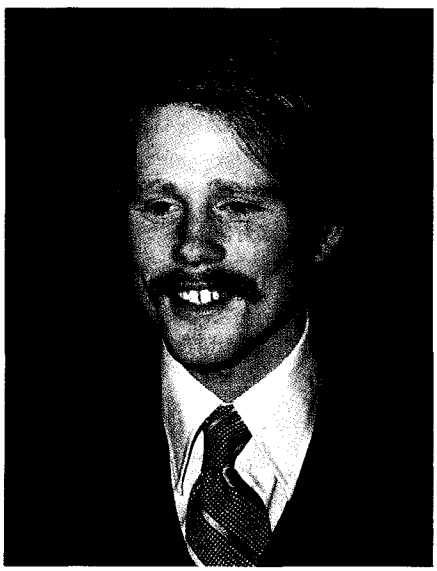
After a lengthy hiatus from Hollywood, ***Don Ameche,*** a trim and handsome great-grandfather at 78, is back on the silver screen and polishing a gold-plated Oscar for his best-supporting role in 1985's hit film *Cocoon*.

Ameche says his revival happened almost by accident—just like in the movies—when he was asked to read for a part. "I love the work," he says. "I'd have gone back to work much earlier if only someone had asked."

If the name ***Reba McEntire*** doesn't ring a bell, then your bell has been out of order since she made her first country-music album in 1978. Ten albums later, she can count among her laurels the Country Music Association's Female Vocalist of the Year award for the second consecutive year, the *Music City News* award for Top Female Vocalist, and a membership in the Grand Ole Opry.

Whoever would have predicted that little Opie Taylor of "The Andy Griffith Show" would grow up to be one of Hollywood's best directors (*Splash, Cocoon*)? "You reach a point," ***Ron Howard*** says, "when you say you're not going to do juveniles any more."

But he took time out recently to



remember his roots by playing a grown-up Opie in the TV movie *Return to Mayberry*.

"God went to Princeton—and you boys should too," said the father of ***William Hudnut III***. So Hudnut did, along with his four brothers. Recently,

the university presented the third-term Indianapolis mayor and third-generation Presbyterian minister with the Woodrow Wilson Award for public service. In accepting, the mayor mentioned that his grandfather was also—you guessed it—a Princeton grad.

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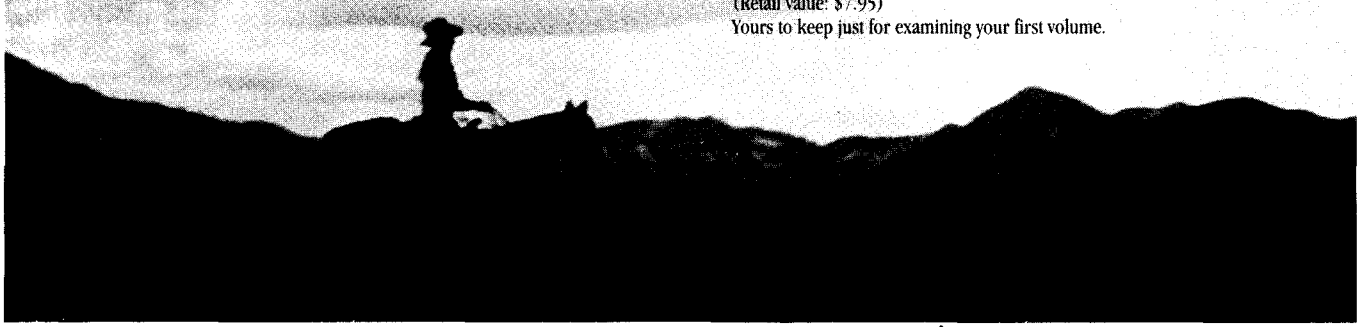

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WHY HOUSEWIVES NEED SOAP OPERAS

by Art Buchwald

Illustrated by Marcus Hamilton

Due to an illness, my wife has been out of action, and I have found myself in the role of home manager. I must admit, I never paid too much attention to what a wife did to maintain a house, and assumed that it was a snap compared to solving the Iraq-Iran war.

I am now realizing that there is more to housekeeping than the TV commercials would have us believe. Here are some of the things I discovered in my new consciousness-raising position:

A laundry hamper only holds dirty clothes. It does not wash them.

There is no such thing as an empty dishwasher.

Garbage-disposal units do not grind up steak bones, or forks and spoons.

Appliance repairmen all have answering services but never call them for their messages.

You cannot grow food in a refrigerator. You have to go to a supermarket and buy it. No matter what you buy for dinner, your bill always comes to $49.50.

Many varieties of food have to be cooked. This requires pots and pans. Fresh fish and meat do not come with instructions. Neither do fresh vegetables. Frozen meals taste just as good as frozen meals.

A person can overdose on hamburgers and scrambled eggs in less than five days.

Garbage has to be put out on the street once a week, or no one will take it away.

Grass has to be watered or it will turn brown.

After making up beds two days in a row, the thrill is gone.

A neighbor never congratulates you on your waxed floors.

Polyester-blend suits start to smell if you don't take them to a dry cleaner.

When a fuse blows in the house, it has to be replaced or the lights won't go back on.

United Parcel rings your bell only when it has a package for the person next door who isn't home.

The telephone rings only when you're in the bathroom, or outside watering plants.

You never have enough cord when you're vacuuming a rug. But you always have too much when you're trying to put it back in the closet.

People who live in glass houses have to wash their windows all the time.

The one item you need to complete a chore is downstairs when you are upstairs, and upstairs when you are downstairs.

Dogs and cats have to be fed or they'll turn on you.

The only serviceman who will come when you call him is the piano tuner.

The best way to clean up a son's room is to close the door and pretend it is not part of the house.

Taking a headache remedy does not necessarily mean there will be less dust in the living room.

No one gives you a bonus for getting a stain out of the sofa.

Illegal-alien housekeepers are better than no housekeepers at all.

It's amazing how little comfort you get out of hearing sympathetic friends tell you they know exactly what you're going through.

I discovered, admittedly late in the game, that there is no such thing as upward mobility in home management, no chance for advancement, and no opportunity for a wage increase. I now understand for the first time why wives need soap operas and the *National Enquirer* to get them through the day. It's their only link with reality. Somebody else' infidelity sure beats the heck out of getting grease off the stove with the perfect paper towel.

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Or, perhaps Century's popularity is a result of all these attractions, in a satisfying combination.

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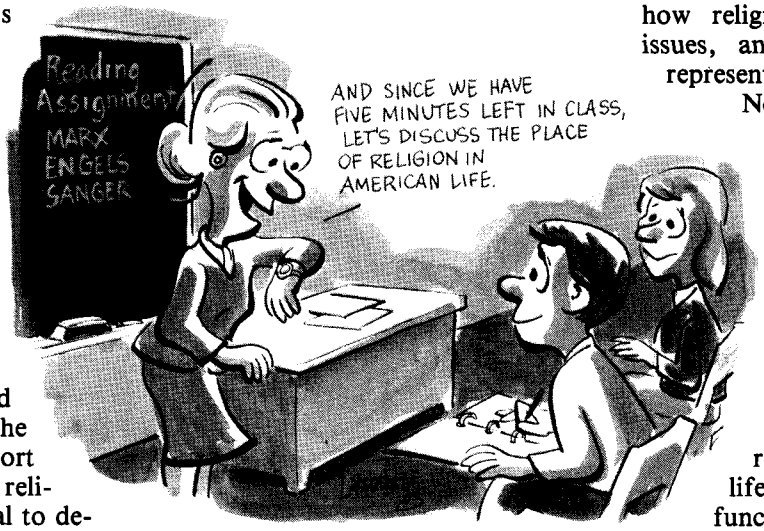
SPEAKING OUT

KILLING THE FUTURE

A major study finds religion vital to American democracy, yet an assessment of textbooks shows deep bias against religious matters.

by Bob Slosser

One of the country's leading think tanks, generally considered liberal to moderate in political orientation, has published a surprising report, "Religion in American Public Life." Indeed, many of us with generally conservative theological views were happily stunned by some of the findings.


Reading Assignment
MARX
ENGELS
SANGER
AND SINCE WE HAVE FIVE MINUTES LEFT IN CLASS, LET'S DISCUSS THE PLACE OF RELIGION IN AMERICAN LIFE.

"In a highly mobile and heterogeneous society like the United States," the report said, "the values based on religion are even more essential to democracy than they may be in more traditional societies, where respect for freedom, order, and justice may be maintained for some time through social inertia or custom."

Here's another bit: ". . . [G]overnment depends for its health on values that over the not-so-long run must come from religion."

And one more: "The key role of religion in maintaining the health of democracy gives all citizens, including those who are themselves without religious faith, a large stake in the way churches carry out their roles in secular society."

The report argued that the stability and strength of American democracy depends on the underpinnings of religion. The report—actually a book—written by A. James Reichley, a quiet, very decent, and sharp-minded scholar with the Brookings Institution, and the former editor of *Fortune* magazine, deserves consideration by leadership in all segments of the nation. The Brookings Institution is to be commended for sponsoring it.

In an interview held a few weeks before the Brookings report was released, Reichley said: "I think there has been a movement away from some of this religious orientation, and there are other forces at work in our society—not all of which are necessarily hostile to religion, but which promote values that by their nature pull away from the traditional religious orientation of the United States." Reichley was not attempting to single out a particular part of society in that remark, but he did "zero in" on actions of the courts that "seem to try to insulate society and the schools against any effect by religion."

• • •

This movement away from religious orientation needs to be examined in light of another serious, well-documented study, sponsored by the National Institute of Education.

Written by Paul C. Vitz, a professor at New York University, the report was verified by independent evaluators. Vitz, the principal investigator, and others had set out to carefully examine a representative sample of widely used public-school textbooks. Their goal was to find out how religion, social and political issues, and traditional values are represented there.

Not one of 40 social-studies textbooks used in grades one through four had a word of text that referred to any religious activity representative of contemporary American life. No text referred to any present-day American who prays or participates in worship, nor did it in any other way represent active religious life. And these books' specific function was to introduce students to contemporary American society.

Textbooks used to introduce social-studies pupils to American history in grade five contained "little coverage of religion in American history," except for colonial America and the early missions in the Southwest. Passages dealing with the past 100 years of American history contained few references to religion. The books ignored the great spiritual awakenings in history, the Roman Catholic school system built in response to the need for religious freedom, and the recent, burgeoning Christian-school movement.

Part of the study dealt with the treatment of religion in 11th- and 12th-grade American-history textbooks. Vitz wrote: "The best general-summary statement of their treatment of religion is to say that none of them came even close to adequately presenting the major religious events of the past 100 years." Nothing indicated the origin of today's "religious right," for example. No references were made to such prominent Protes-

continued on page 80

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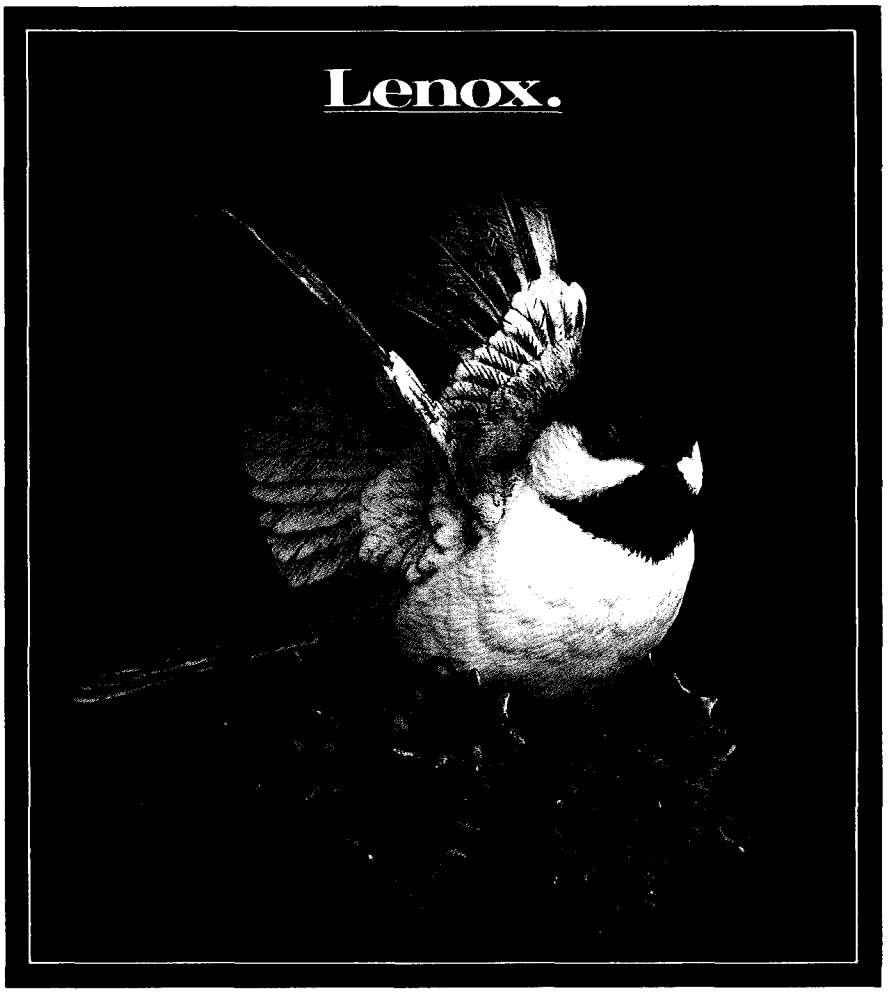

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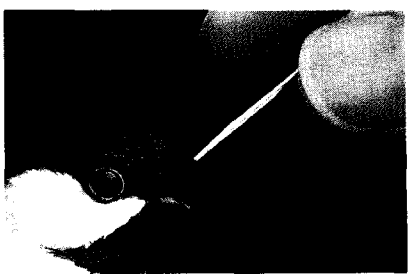

Painted by hand to reveal every detail of the chickadee's intricate markings.

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GOING WITH THE GRAINS

Make the most of your microwave oven with fail-proof fiber recipes, from high-lysine barley crepes to wheat berry pita pockets.

by Jacquelyn Nyenhuis

I recently received an urgent letter from a reader in Austin, Texas, that illustrates the plight of many new microwave owners:

"Dear Miss Nyenhuis:

"More than a year ago my son gave me a microwave. Today it sits as the day he gave it to me. I can't cook on it. When I try, the food is a mess. I am ready to put the microwave in a garage sale.

"What book should I get that will teach me how to cook in the oven?

"Please help me."

Beginning microwavers should start with simple processes, such as heating water for tea. As confidence increases, make a commitment to prepare one new dish in the microwave each day. A sauce or vegetable is good for starters. Follow recipe directions exactly.

Most recipes are simplified by microwave cooking. One challenge is to learn which foods are best when microwaved and which can be more efficiently prepared conventionally. Grains, for example, adapt well to the microwave; as in the following crepe recipes that require browning on the stove-top, the conventional oven and the microwave can be used in harmony to create exceptional main dishes. Remember, it makes sense to use the microwave only for what it does best.

Grains require a specific time to absorb water and become tender. Even though they take longer to cook in the microwave than most foods, they are excellent for beginners, because they are virtually fail proof. As long as there is adequate moisture, grains will become tender. If the water boils away, leaving the grain dry, just add 1 to 2 cups additional water. As in conventional cooking, such long-cooking grains as hulless barley must be brought to a boil, over high heat, then reduced to medium (50 percent, power setting 5).

Grains add variety to meals, especially the "new" high-protein grains in the following recipes. For a

Nutritionist Jacque Nyenhuis finds the microwave perfect for such healthful grain dishes as Barley Stuffed Tomatoes.

simple entrée, use the barley filling from the crepe recipe to stuff peppers or tomatoes. Pita Bread Pockets are stuffed with whole wheat berries, tomatoes, and spinach. A cucumber-yogurt dressing is the topping. Amaranth, the nutritious grain used by the ancient Aztecs, appears in a vegetable casserole of okra and tomatoes.

These grain recipes should give you a taste of how fun and exciting microwave cooking can be. Send your microwave questions to me, c/o *The Saturday Evening Post*, 1100 Waterway Blvd., Indianapolis, IN 46202.

One of the best resources available can be the cookbook that comes with the microwave oven. Cookbooks offered by manufacturers vary, but most give step-by-step directions for mastering different microwave techniques.

Crepes with Garden-Vegetable Filling
(Makes 6 servings)

Crepes:
¼ cup oat bran
½ cup whole-wheat flour
¾ cup unbleached flour
3 eggs
1½ cups milk
2 tablespoons melted margarine

Filling:
½ cup hulless barley
1 clove garlic
1 cup chopped broccoli
½ cup shredded carrot
1 tablespoon margarine
¼ teaspoon thyme leaves
¼ teaspoon marjoram leaves
¼ cup chopped green onions

Sauce:
2 tablespoons unbleached flour
½ teaspoon salt substitute
⅛ teaspoon white pepper
1 teaspoon dry mustard
1 cup milk
1 cup grated Cheddar cheese

Combine all crepe ingredients in blender container. Process about 45 seconds or until smooth. Refrigerate batter for several hours. Heat crepe pan or heavy 6-inch skillet; spray pan with non-stick coating if necessary. Dip crepe pan in batter or pour about 2 tablespoons batter into skillet. Lift skillet from heat and tilt skillet so batter covers bottom of skillet evenly. Return skillet to heat, cook until underside is lightly browned (about 1½ minutes). Remove crepe and repeat with remaining batter. Stack crepes between waxed paper.

Combine barley and 3 cups water in 2-quart casserole dish; cover. Microwave at High until water is boiling (8-9 minutes). Let stand at least 3-4 hours or overnight. When ready to cook, microwave at High until water is boiling (6-7 minutes). Microwave at Medium power until barley is tender (20-40 minutes); drain. Add remaining ingredients for filling. Microwave at High until broccoli is tender (4-5 minutes).

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Combine flour and seasonings for sauce in 1-quart glass measure or mixing bowl. Gradually stir in milk until smooth. Microwave at High until sauce is slightly thickened (3-3½ minutes); stir twice during cooking. Stir in cheese until melted.

Spoon about ¼ cup of filling in each crepe and roll up with filling in the center. Top each serving with cheese sauce.

Barley Stuffed Peppers or Tomatoes
(Makes 4 servings)

For stuffed peppers:
Prepare filling as directed in the recipe above. Cut 2 bell peppers in half and remove seeds. Stuff with filling. Serve cold.

For stuffed tomatoes:
Cut 4 tomatoes in 6 wedges each, without cutting completely through the tomatoes. Pull wedges apart slightly to make an area to stuff with barley filling. Serve cold.

Pita-Bread Pockets
(Makes 4 servings)

½ cup whole wheat berries
1 cup sliced mushrooms
¼ cup chopped onion
¼ cup chopped cucumber
½ teaspoon dill weed
½ cup plain yogurt
2 pita-bread rounds
1 cup fresh spinach
2 medium tomatoes, chopped
¼ cup sunflower seeds

Combine whole wheat berries and 3 cups water in 2-quart casserole dish; cover. Microwave at High until water is boiling (9-10 minutes). Let stand 10-15 minutes or until wheat berries are tender; drain. Add mushrooms. Microwave on High until mushrooms are tender (2-3 minutes). Set aside. Combine onion, cucumber, dill weed, and yogurt in small mixing bowl; stir until well blended. Cut pita bread in half and fill each half with about ¼ of wheat mixture. Divide spinach and tomatoes between pita sandwiches and top with cucumber dressing.

Smothered Okra with Amaranth
(Makes 6 servings)

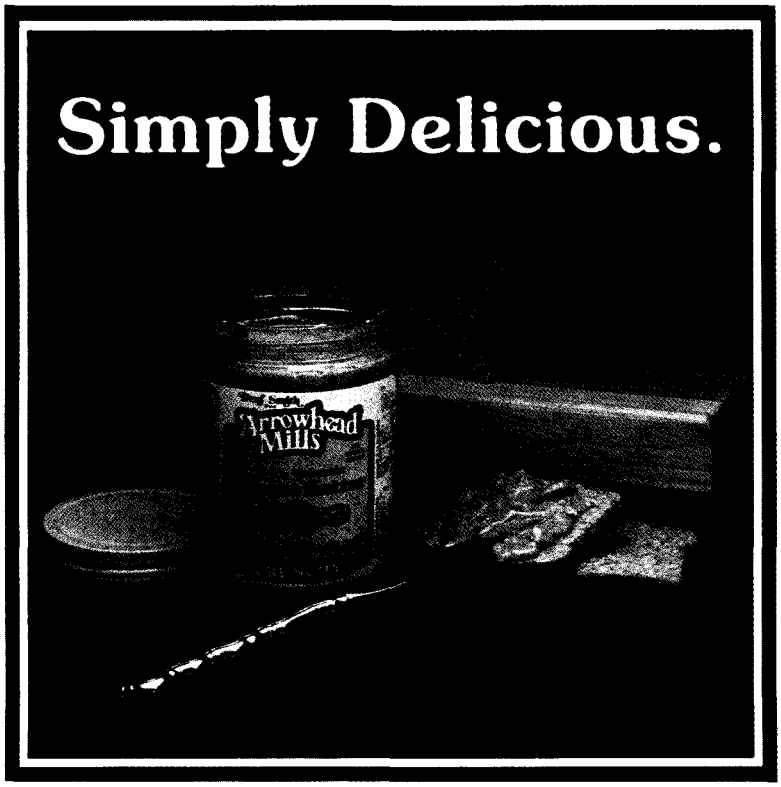
4 cups sliced fresh okra
1 cup chopped onion
½ cup chopped red bell pepper
¼ cup amaranth
4 medium tomatoes, chopped
1 teaspoon salt substitute
¼ teaspoon pepper
¼ teaspoon basil leaves
1 clove garlic, minced

Combine all ingredients in 2-quart casserole dish; cover. Microwave at High until okra is tender (15-20 minutes); stir once during cooking.

Fruited Wheat Berry Salad
(Makes 6 servings)

½ cup whole wheat berries
2 cups unpeeled, chopped red apples
½ cup chopped pecans
½ cup raisins
1 carton (8 oz.) vanilla yogurt
½ teaspoon ginger

Combine whole wheat berries and 3 cups water in 2-quart casserole dish; cover. Microwave at High until water is boiling (9-10 minutes). Let stand 10-15 minutes or until wheat berries are tender; drain. Add remaining ingredients and toss until well coated with yogurt.



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VETS ON PETS

GIVING FLEAS THE BRUSH-OFF

This summer don't let those perennial pests eat your pet out of house and home.

by H. Ellen White, D.V.M.

I would be a billionaire if I could come up with an instant method of eradicating fleas from Fluffy, Bowser, and your new carpeting. Like ants at a picnic, fleas turn into intimate family members during these warm, lazy days of summer. I know of no other creature of this stature that has supported whole industries devoted to its demise; yet the flea lives on, creating havoc for the peace, beauty, and well-being of our four-legged friends.

When an adult female flea takes up residence on your pet, she feeds on its blood for several days and then lays hundreds of eggs. As your pet scratches, some of the eggs fall off, infesting your yard and your home. The eggs can hatch in one week. The larvae then emerge as adults in as little as nine days. Adult fleas can travel easily from one pet to another, or they can set up housekeeping in your carpet, your yard, your pet's bedding, or his kennel.

It takes more than soap and water to get fleas off your pet, but grooming can help you spot the culprits.

Fleas cause irritation to your pet in two ways: by biting the skin to suck blood and by inducing an allergic reaction to a chemical in their saliva. The result for the pet is itching and reddened skin. The signs of flea infestation include restlessness, scratching, and resultant partial hair loss in the rump and the rear thigh areas.

Fleas are the intermediate host of one of the common tapeworms that infest dogs and cats; the animals become infected by swallowing fleas that contain the infected tapeworm larvae. A diagnosis of this parasite warrants treatment for fleas as well as for the offending tapeworm.

Because fleas dwell in your home and your yard, as well as on your pet, you must mount a flea-eradication program for all these areas simultaneously. Clean your home thoroughly, including closets; dispose of the vacuum bag in an airtight plastic bag. Destroy your pet's bedding and replace it with clean bedding. Mop concrete and tile floors. Use a spray or a "flea bomb" aerosol fogger in the house; follow the directions carefully. (A pre-emergent fogger will kill both adult and harder-to-kill immature fleas.) The outdoors may be sprayed with a product such as diazinon: Use the chemical according to directions, wear gloves, and keep all such products out of the reach of children. Severe flea infestation may warrant hiring a professional exterminator to treat the house and the yard.

Even if your veterinarian is treating your pet for fleas, you can concentrate at the same time on flea eradication at home. Treatment every other week with organophosphate dips is still popular: Avoid getting the dip in your pet's eyes, nose, ears, mouth, or genitals. Many of these dips cannot be used on cats and cannot be used with other organophosphate products, such as worm medication and flea and tick collars; sprays and powders containing pyrethrins can be used as needed between dips. Consult your veterinarian before using these products.

Several products have recently been added to the arsenal of flea remedies:

- A Microtech flea collar drives fleas off pets with high-frequency sound, pitched out of human and pet range. This flea collar, which uses lithium batteries, works within a four-foot radius.
- Another new product, called Pro-Spot, is applied in one spot directly on the pet's skin. Put on gloves before breaking the seal of the applicator. Part the hair on the dog's back between the shoulder blades and apply the product. Treatments with this product should not be repeated more than once every two weeks. Do not use it at the same time organophosphate dips, worm treatments, flea collars, etc., are in use. Your dog's accurate weight is necessary to determine the correct dosage.
- Proban tablets, a similar product by the company that makes Pro-Spot, works in much the same way. The organophosphate insecticide is absorbed from the gastrointestinal tract and distributed throughout the body. Fleas then die when they ingest the drug along with the pet's body fluids. Neither Pro-Spot nor Proban has been cleared for use in cats, and Proban has a precaution against use in greyhounds.

Pets can be allergic to the insecticide used in flea treatments, and a severely allergic dog can be miserable even if just one or two fleas are found on its

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body. To help your sensitive pet, air a new flea collar for a day or two before putting it on your pet. Control itching and hair loss with corticosteroid injections or tablets. These remedies treat only the clinical signs, however; they have the potential for side effects. The treatment for an allergic patient is complete flea eradication.

I received much reader response after I mentioned the home remedies of garlic and brewer's yeast in an earlier article as deterrents to fleas. My opinion: Home remedies do not work, especially in animals with heavy flea infestations. Traditional treatments with flea collars or medallions, sprays, powders, shampoos, and soaps are still useful, however. Cut the flea collar to fit your pet's neck, and use the remaining end of the collar in your vacuum bag to help kill the fleas in your home. Do not use dog collars on cats or use any flea collars on very young, old, or nursing animals. Avoid getting the collars wet, and do not use them in conjunction with other types of insecticides.

Fleas like warm, humid weather, so good flea detection should start in the spring. Grooming your pet should reveal the first evidence of the pest. I must emphasize that eradication of fleas on your pet without concurrent eradication of the fleas in their environment is fruitless. If fleas get a real foothold, you may have to fight the battle against fleas in your yard, house, garage, and on your pet at two- to three-week intervals throughout the summer.

Take heart, for surely man is mightier than the flea.

Questions for the Vet

Dear Dr. White:

Please describe the pros and cons of Proban for fighting fleas. We have an 80-pound Samoyed who has been plagued for nearly a year with fleas, "hot spots," etc. We're dreading summer and wonder if Proban is as good as the commercials say.

Our vet said that since shampoos, sprays, and powders (plus shots and pills) haven't fully solved the problem, the only thing left to do is to shave him—but I can't bring myself to shave this beautiful animal!

Mrs. James Prowell
Carbondale, Illinois

Dear Mrs. Prowell:

As emphasized in the above article, please use an effective flea-eradication program for your dog's environment (house, yard, kennel, bedding, etc.). It doesn't matter how good a product is in eliminating fleas from your dog if he is constantly reinfected from his surroundings.

H.E.W.

Dear Dr. White:

We have a five-year-old male miniature schnauzer. We have had him since he was seven weeks old. He has had excellent care, but we have fought the so-called "schnauzer bumps" on his back constantly.

Sometimes they have nearly disappeared, and other times they are bad. We keep him trimmed and clean, and would really appreciate any help you can give us.

Katheryn M. Anderson
Dunsmuir, California

Dear Katheryn:

Schnauzers are predisposed to ab-

continued on page 80

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MONEY TALK

BANKING ON HOME IMPROVEMENTS

Will adding a hot tub put you in hot water?

by Marshall Loeb

If you own a house, you would not remodel a kitchen, add a bathroom, or install a swimming pool solely to enhance its resale value. But you will get back most of what you spend—if you choose the right home-improvement projects. As one writer, Robert Runde, has pointed out, some of them stand to pay off dramatically better than others when the time comes to sell your house.

Improvements can pay off dramatically in the resale price of your house—or they can be an extravagant waste.

Energy-efficiency improvements have begun to pay for themselves—but only since the oil-price shocks of the 1970s. Earlier, home buyers often could not care less about insulation or energy-saving windows. Now, most people are concerned about saving on their energy bills. But trendy innovations—for example, solar-heating panels—offer a less certain return.

The more personalized a project, the more chancy the return. Remodeling a kitchen usually adds sales appeal. But if you put in a deluxe gourmet kitchen and try to sell it to a canned-soup cook, do not expect to get your money back.

An extravagant improvement can make your home harder to sell. Not every prospective home buyer will love a $15,000 pleasure center with a custom-made whirlpool, hot tub, steam bath, and built-in stereo system. Indeed, it could be a turnoff. So do not spend too much on your home improvement, especially if you are thinking of moving in a few years.

The limits on what a house can sell for are well-defined in any neighborhood. If the houses range from $90,000 to $120,000, your top resale price still will not be much more than $120,000, no matter how many rooms, baths, hot tubs, or skylights you add. You are not likely to recover any costs that raise the value of your property to more than 20 percent over that of similar homes in your neighborhood. People tend to want the *least* expensive house in an area. If yours is the *most* expensive, it will be less marketable.

Just as you should not invest too much in improvements, you should not make them yourself, either. Hiring professionals to do the entire job usually gives you the soundest investment. If you are less than craftsmanlike, your botches can subtract from the value of your house.

The most profitable home improvement is to remodel your kitchen. That is because the kitchen is again becoming the nerve center in many homes, a combination family room and workplace. So it should be sunny and spacious. It also should have new appliances, plenty of storage, and a step-saving layout that positions the stove, the sink, and the refrigerator close together. But try to confine your remodeling expenses on it to 10 percent of the estimated value of your home. As mentioned, if your renovation is sensible and not extravagant, there is a strong chance you will recoup almost your entire investment when you sell.

Another project that should return almost its entire cost is to add a second bathroom. A third bathroom is popular, too, but most prospective home buyers consider more than three unnecessary. Because décor is so much a matter of taste, elaborate bathroom *remodeling* is less likely to pay for itself. But do not skimp on finishing touches. An elegant ceramic tile floor creates a far better impression than vinyl.

Fireplaces can be one of your best investments. That is rather surprising; people know that fireplaces usually waste more heat than they provide, but figure they can afford it. A fireplace you install will return much of what you paid. As for central air conditioning, it helps you sell your house if it is in the Sunbelt. But in colder regions buyers are reluctant to pay extra, because air conditioning is so expensive to operate.

Because people crave a comfortable place to lounge outdoors, another worthy investment is a deck or a patio. Yours could return 50 to 70 percent of its cost. When you sell, you can also get back 40 to 70 percent of the cost of adding a conveniently located family room. But an addition that disrupts the traffic pattern, or fundamentally clashes with the style of the house, can detract from its worth. If you convert the garage to a game room, you eliminate all the buyers who want a garage.

continued on page 73

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A free bag of whole-grain h

New hulless, high-in-lysine barley in the kitchen, *The Saturday Evening Post* on the coffee table. It's the perfect combination for good health and wholesome reading. And the bag of hulless barley is yours FREE just for bringing the *Post* to your family mailbox.

The *Post* you already know—you may have *thought* you knew barley. But now, from the research facilities of Montana State University has come a revolutionary hulless variety. This exciting barley makes the entire grain edible and far more nutritious than the usual "pearled" barley, which has many of its nutrients destroyed in the process of removing the inedible husks.

While studying hulless barley in Montana, Drs. Rosemary and Walter Newman discovered that chickens eating barley didn't gain weight as well. University of Wisconsin researchers also found that barley suppressed weight gain in chickens. Barley alters the fat metabolism. If it works for chickens, it just might work for people—we hope! Might we eat our way to a weight loss by adding barley to the diet?

There is excellent rationale for believing that barley will have good cholesterol-lowering capabilities in humans.

Nutritionist Dr. Rosemary Newman was introduced to hulless barley by her husband, Professor Walter Newman at Montana State University. They have pioneered in animal experiments that point to possibilities of human weight loss and lower cholesterol with barley consumption.

It's fun to make Swedish flat bread with hulless barley developed at Montana State University. We call them barley buns.

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ew high-lysine ulless barley...

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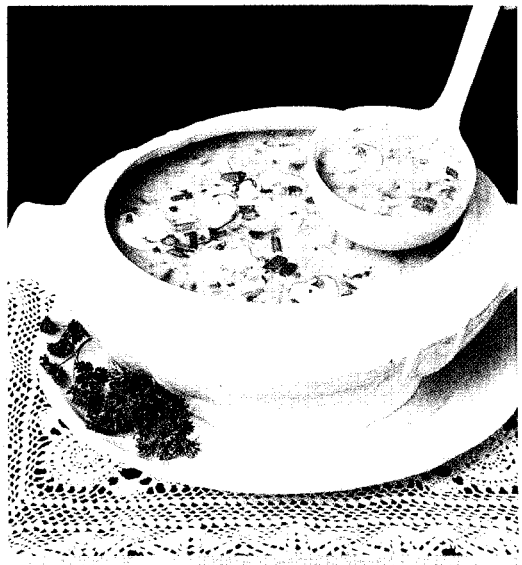


On a cold day Dr. Newman's hulless barley and mushroom soup with chives made a big hit with *Post* editors and tasters.

If you're interested in lowering your cholesterol level, ask your doctor to test your cholesterol now...then eat a high-in-barley diet for 60 days. Then test your cholesterol again. If large numbers of you show a substantial lowering in cholesterol, you will give medical researchers incentive to study barley more seriously.

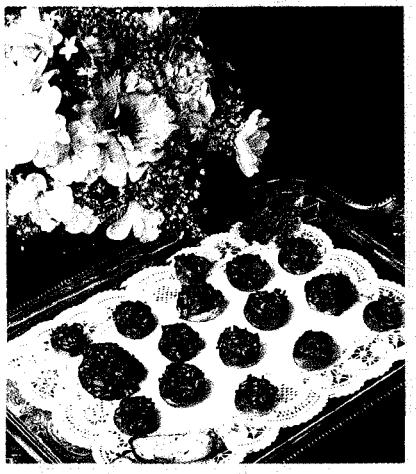
And weigh in before you start eating barley. Please let us know if you lose weight while on the high-in-barley diet.

Dr. Newman has made it easy for you to follow her delicious gourmet recipes involving hulless barley. We've tried them all in the *Post* test kitchens and can vouch for her culinary skills.

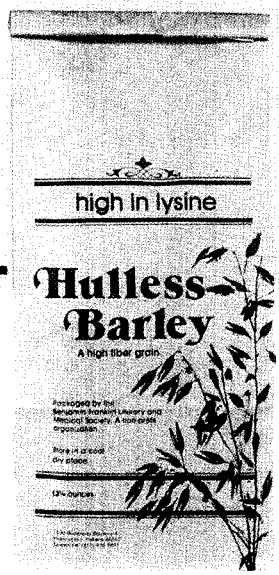
Dr. Newman keeps hulless boiled barley in the refrigerator to toss into salads, casseroles, and stir-fry vegetables and for soup thickening.

We like to boil the hulless barley the night before, leave it to soak up moisture overnight, and add it to oatmeal or cold cereal the next morning. It has a marvelous chewy texture.

Breads made from combinations of hulless barley and wheat have up to 90 percent higher lysine than breads made with wheat only.



We tried Dr. Newman's gourmet hulless barley cuisine, which includes these delectable appetizers—barley-stuffed mushrooms.



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THE DIET THAT CONSUMED NASHVILLE

First a whole city and now a national fast-food chain have adopted Dr. Martin Katahn's method for losing weight and for keeping it off.

by Maynard Good Stoddard

"Women will average a loss of approximately two-thirds of a pound a day for 21 days. Heavier women will lose as much as a pound a day. Men may lose even more.

"If you have a tendency to retain water, as many overweight persons do, you may lose as much as two, or even three, pounds a day during the first three days.

"Many individuals lose two to three inches around the waist and buttocks in just three days. And in three weeks or less, you can be one or two dress or pants sizes smaller."

Who has the nerve to make such statements? His name is Dr. Martin Katahn, Ph.D., the director of the Vanderbilt Weight Management Program in Nashville, Tennessee.

Katahn looks nothing like a man who used to be overweight. At 57 he is slim and wiry; he exercises regularly, and his pulse rate "hovers right around 120/80."

Twenty years ago, however, Katahn was 75 pounds overweight and hypertensive. "I had to lie down on a couch for an hour in order to bring my blood pressure down to 140/90," he says. "I certainly know the effort involved in lugging around an extra 75 pounds of fat."

Recollections of his "butterball" days go back even further. He was, he confesses, "one of those fat kids who had no memory of ever being thin." Instead, he vividly recalls "not being able to run fast enough to keep up with my playmates. . .and becoming so fat by the age of four or five that I couldn't even bend over in my snowsuit to make snowballs."

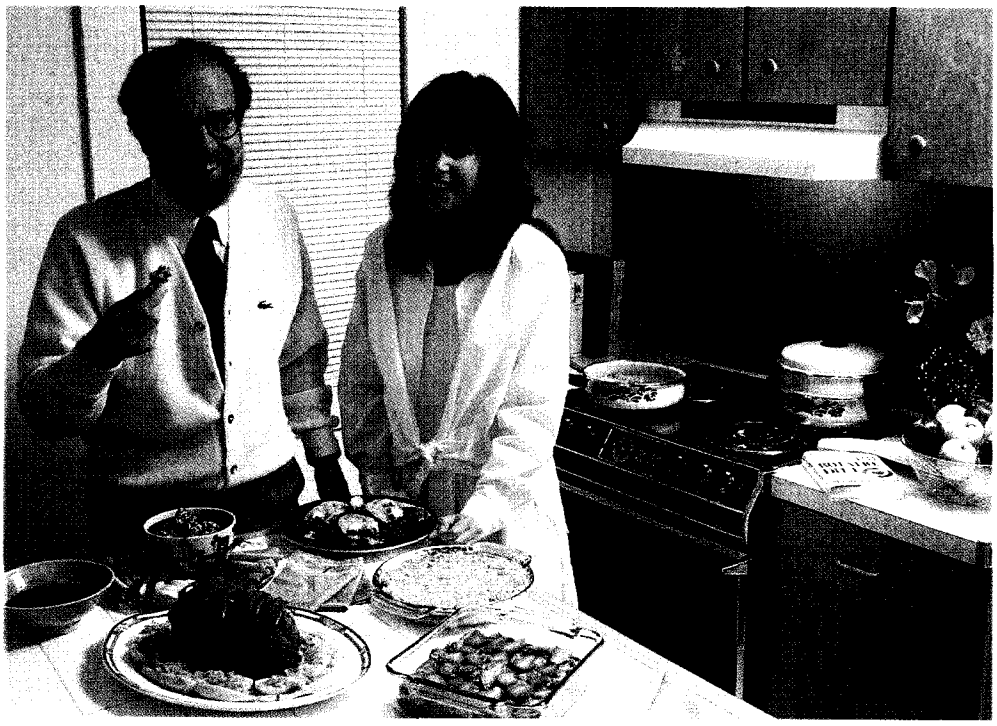
By the time he was 12, Katahn's weight problem and genetic predisposition had given him varicose veins and attacks of thrombophlebitis that put him in bed every few years for as long as a month. No doctor could provide a successful treatment: "I had to discover it for myself at the age of 50," he says.

Katahn tried several reducing diets, but he always regained the weight. Then, while playing table tennis in 1963, in the Vanderbilt University psychology department, he suffered a heart attack and realized he would have to reduce his weight if he wanted to go on living. And he did. He developed a new method for taking off weight quickly enough to provide motivation, yet allowing some "forbidden" foods.

In his book *The Rotation Diet*, just published by Norton, Katahn outlines the specific methods that allow overweight people to lose up to a pound a day and "never get it back." The diet recently gained nationwide attention after the city of Nashville, Tennessee, adopted it and set a goal of losing one million pounds of fat. Wendy's, a fast-food hamburger chain, is also promoting the diet in 35,000 restaurants across the country.

"When you use the Rotation Diet, you alternate your calorie intake over a three-week period, in order to achieve a dramatic, quick weight loss," Katahn says. "Women use a mixed diet consisting of a wide variety of foods, rotating from 600, to 900, and then to 1,200 calories a day. Men rotate from 1,200, to 1,500, to 1,800 calories a day.

"When you stop dieting," he says,



Delicious dishes, like these prepared by Terri Katahn, give Rotation dieters an incentive to stay on their weight-loss program. Terri's father, Dr. Martin Katahn, the developer of the diet plan, samples the low-calorie Spinach Dip (see recipes, page 29).

continued on following page

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"weight loss has been so easy and so successful that, if you have more weight to lose, you will want to continue. But it is very important to the success of the Rotation Diet that you take at least a brief vacation from it." You can return to the diet in a week, or even in a month—it's up to you—and begin "rotating" for another 10-, 15-, or 20-pound weight loss.

Your motivation will never be greater. Katahn points out: "How many times have you had to force yourself to *stop* dieting in order to ensure success? With other diets, you soon begin to feel so deprived, and weight loss becomes so frustratingly slow, that you end up quitting in disgust.

"Not so with the Rotation Diet," Katahn says. "You will be itching to get going once again. The rotation is the key to your success. "Even if you have up to 75 pounds to lose, the Rotation Diet is the surest way to get that weight off easily and quickly, and keep it off."

Katahn's daughter Terri provided the following Rotation Diet recipes. Because using salt will impede weight loss, use none at all in food preparation, or add only the smallest amount, to taste.

Yellow Squash with Dill
(Makes 4 servings)

4-6 yellow summer squash
1 medium onion
1 tablespoon margarine
Salt, pepper, and dill weed to taste

Cut large summer squash in half; leave small ones whole. Steam over hot water until tender. Meanwhile, sauté onion in margarine and seasonings until translucent. Put cooked squash in bowl, top with onion, and serve. Contains approximately 46 calories per serving.

Sweet Pepper Lamb
(Makes 8 servings)

2½ pounds lean lamb meat (shoulder or leg roast)
2 cups low-salt beef or vegetable bouillon
2 large cloves garlic, minced or crushed
⅛ cup dried parsley
2 teaspoons rosemary
1 teaspoon sage
Salt and black pepper to taste
2 whole fresh red peppers, cored and seeded, cut into strips

Preheat oven to 350° F. Trim visible fat from lamb, and place lamb in roasting pan. Pour bouillon over lamb and add spices. Arrange strips of red pepper on top of lamb. Cover and bake for 1 hour, 15 minutes. Contains approximately 191 calories per serving.

Baked Fish in Spring Herbs
(Makes 4 servings)

1 tablespoon vegetable oil or margarine
1 pound fish fillets (sole or flounder works best)
1 lemon
1 teaspoon each *dried parsley, chives, and rosemary*

Melt margarine and pour into shallow baking dish. Arrange fillets in dish. Cut lemon in half, and squeeze about 1 tablespoon juice from one-half of lemon over the fillets. Sprinkle with herbs. Slice remaining lemon into thin slices, and arrange on top of fillets.

Bake at 500° F. for 12-15 minutes or until fillets flake easily with fork. Each four-ounce serving contains about 115 calories.

Mustard Seed Dressing
(Makes 12 servings)

Blend together:
¼ cup olive oil
¼ cup vinegar
¼ cup water
2 large cloves garlic, crushed
1 teaspoon whole mustard seed
1 teaspoon thyme leaves
½ teaspoon oregano
½ teaspoon basil
¼ teaspoon dill weed
Salt and fresh-ground black pepper to taste
Dash soy sauce (optional)

Contains approximately 40 calories per serving.

Royal Indian Salmon
(Makes 4 servings)

4 salmon steaks, 1 inch thick
¼ cup chicken or vegetable bouillon
2 tablespoons lemon juice
½ teaspoon crushed fennel seeds
¼ teaspoon cumin
¼ teaspoon ground coriander
Dash of salt and fresh-ground black pepper

Place steaks in shallow glass pan. Pour bouillon and lemon juice over steaks. Add seasonings. Marinate, covered, in refrigerator for at least 2 hours; turn steaks occasionally. To cook, place steaks on foil-covered broiling pan. Spoon 2 teaspoons marinade on top of each steak. Place under broiler for 6-8 minutes, or until slightly brown on edges. Turn steaks over, spoon on remaining marinade, and broil for additional 6-8 minutes. A 6-ounce serving contains approximately 330 calories.

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*Note: This dish has a delicate flavor—not too spicy or hot in the way many people expect Indian cooking to be.

Crab Quiche with Crumb Topping
(Makes 2, serves 8)

2 packages frozen crab meat
2 cups skim milk
2 cups grated Cheddar cheese
6 eggs
2 teaspoons dried parsley
¼ teaspoon pepper
¼ teaspoon marjoram
¼ teaspoon garlic powder
¼ teaspoon nutmeg
2 cups Pepperidge Farm seasoned bread crumbs
½ tablespoon margarine

Layer crab in bottoms of two empty pie pans. Combine all other ingredients except bread crumbs and margarine, and put half of mixture into each pie pan. Bake at 350° F. for 30 minutes. Top each quiche with 1 cup bread crumbs and dot each with ¼ tablespoon margarine. Bake 15 minutes more. Cut into slices and serve. Contains approximately 333 calories per serving.

Raspberry (or Peach) Kuchen
(Makes 12 servings)

This variation of the blueberry kuchen uses half-and-half instead of sour cream and is decidedly different in taste.

16 pieces zwieback
1 teaspoon cinnamon
1 quart raspberries (or any other berry or fruit. Try substituting 6 sliced peaches instead.)
¾ cup brown sugar
2 eggs
1 cup half-and-half

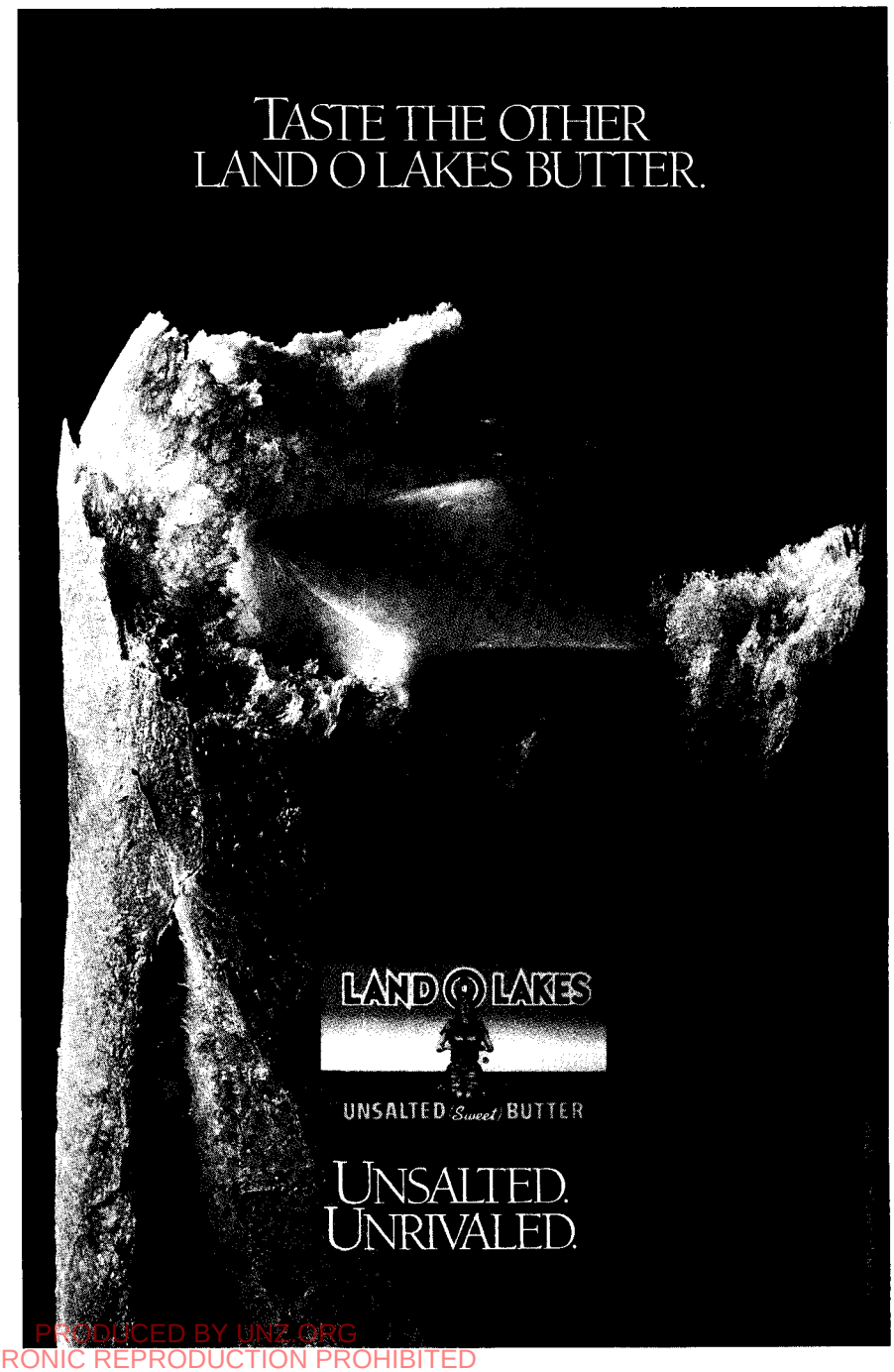
Crush zwieback and pour into bottom of 9x9" square pan. Sprinkle with half the cinnamon; layer fruit on top. Top with brown sugar and remaining cinnamon; bake 10 minutes in 400° F. oven. Beat eggs and half-and-half together. After the 10 minutes are up, pour dairy mixture on top of fruit and bake at 350° F. for 40-45 minutes more. Contains approximately 110 calories per serving.

Some fruits are natural diuretics, Dr. Katahn says; combined with protein, they can help you to lose weight overnight.

Spinach Dip
(Makes 60 1-tablespoon servings)

1 package frozen spinach, thawed and drained
1 cup plain, low-fat yogurt
1 cup cottage cheese
¼ cup minced fresh parsley
½ teaspoon oregano
½ teaspoon dill weed
½ teaspoon garlic powder, or one clove garlic, crushed
½ teaspoon onion powder, or 3 green onions, chopped
½ teaspoon lemon juice
Salt to taste
Dash Tabasco sauce

Drain spinach in colander (squeeze moisture out). Combine all ingredients in a bowl and chill several hours. If you prefer a smoother dip, blend yogurt and cottage cheese together in a blender or food processor, then add remaining ingredients. Serve with fresh sliced vegetables: cucumbers, radishes, mushrooms, carrots, green pepper, summer squash, and celery. Contains approximately 7 calories per serving.



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WHY YOU SHOULD KEEP YOUR TEETH

Don't kid yourself into thinking that tooth decay is mainly a childhood problem.

by H. Dale Hall, D.D.S.

Until quite recently, cavities were believed to be largely the problem of children who ate all that sticky candy and never remembered to brush their teeth. We now know that dental caries (decay) can strike the teeth of people at any age, even into the "senior citizen" years. A recent study published in the *Journal of the American Dental Association* revealed that tooth decay remains a threat well into old age and that the decay problem will continue to grow as the "baby boom" generation ages. The ADA article dealt with a study group of senior citizens in Iowa; 90 percent had coronal caries, and more than 60 percent showed evidence of root caries.

Periodontal disease causes the gums to recede from the teeth. Pockets that harbor enormous amounts of bacteria then form around the tooth roots. Root caries occur when these bacteria invade the tooth root below the gum line. Coronal caries, on the other hand, occur on the crowns, or tops, of the teeth.

There are many possible reasons for the increase of tooth decay among the older population. The elderly are more likely to develop such movement-limiting illnesses as arthritis that make thorough brushing difficult. In such cases, an electric toothbrush can help take the effort out of brushing. Sometimes, simply attaching the toothbrush handle to a sponge ball can help the elderly to better grip and maneuver the toothbrush.

In other cases, senior citizens on fixed incomes neglect their teeth because they can't afford to go to a dentist. Encourage them to visit county or state dental clinics, where charges are based on ability to pay, or to make arrangements with the family dentist to extend payments over time.

Tooth decay can be just one more problem to make life uncomfortable for senior citizens. If you are in that category, you've earned the right to be comfortable, so take good care of your teeth. Proper care is just as important at 60 as at 6.

Recent findings show that older people are just as likely as the younger set to develop tooth decay problems.

Denture Wearers' Dilemmas—Losing Touch with Your Teeth

People are keeping their natural teeth longer, recent reports say, but if you have lost all or some of your teeth, don't worry—you have plenty of company. Approximately 30 million Americans, including almost half of all people ages 45 through 74, are edentulous in one or both jaws. Most have adjusted to wearing dentures, yet all are susceptible to special medical prob-

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lems that result from having no teeth.

Most new denture wearers discover that they have to some extent "lost touch"—the tactile sensation in their mouths is reduced. They must be extra careful not to swallow such dangerous objects as chicken bones. In addition, many denture wearers may suffer a loss of nutrition. Because dentures can't match the grinding and chopping ability of natural teeth, the enzyme action that starts the digestive process in the food is diminished. Foods may pass undigested through the body.

If people could choose which of their teeth to keep, dentists would recommend the bottom ones, which are harder to replace satisfactorily with dentures than the top teeth. Natural bottom teeth suffer much more wear and abuse than upper teeth, and so do their replacements. As one bites down on one side of bottom dentures, the opposite side tends to ride upward and disrupt chewing. So, if you are still the proud owner of a set of lower teeth, give them an extra workout with your toothbrush tonight.

About three million adults who have lost teeth cannot wear dentures at all. Once teeth are gone, the jawbone that originally housed them begins to shrink. Many people with dentures, especially the elderly, cannot smile naturally, speak clearly, or chew food comfortably because this progressive shrinking process, called resorption, provides less area on which to comfortably anchor a denture. Some people even endure excruciating pain, and others simply give up wearing dentures. Ill-fitting false teeth may also cause a more serious problem: Chronic irritation has been cited as one cause of oral cancer.

A new alternative to dentures is dental implants, artificial teeth implanted in the jawbone. The Swedes, pioneers in this area, have had high success rates with titanium-screw implants, which can now also be obtained in the United States. The implants cost about $1,200 per tooth, compared to about $900 for the average conventional single-tooth bridge.

The implants give patients a feeling akin to normal teeth, but they are not yet recommended as a routine alternative to conventional dentures. Not as stable as natural teeth, implants can be rejected because bones and gums do not attach to them as they do to natural-tooth roots. The possibility of infection is also high.

The only advantage to losing all your teeth is never having a problem with tooth decay again. However, denture wearers are not immune from plaque. The dirty work of this sticky, transparent, bacterial substance is not limited to natural teeth. Dentures can hold plaque in contact with the mouth for long periods and can cause infection, sores, discomfort, and even bone loss. Denture wearers must work as hard or harder at good dental hygiene as the people who still have their teeth.

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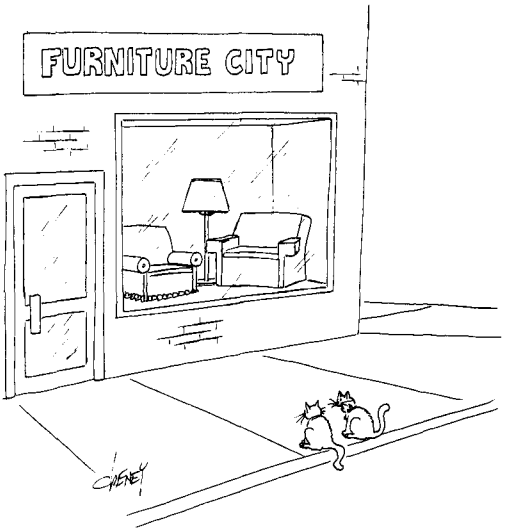

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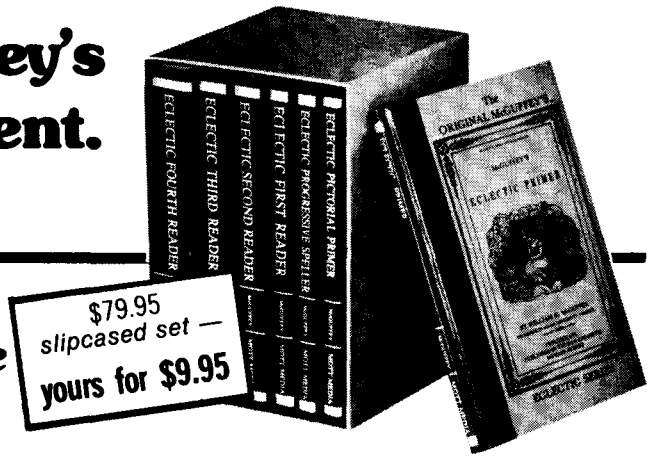

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POST SCRIPTS

He'll Go Far

"Do you loaf at your desk, gossip about colleagues, or habitually arrive late?" the personnel officer asked the job applicant.

"No, sir, but I'm a quick learner," the applicant replied.

—A.H. Berzen

Sour Note

The orchestra conductor was being driven out of his mind at rehearsals because at least one member of the orchestra was always absent. After the last rehearsal, he announced, "I want to personally thank the pianist for being the only person in this entire orchestra to attend each and every rehearsal."

The pianist rose, bowed his head, and said, "It was the least I could do, considering I won't be able to be at the concert tonight."

—Kris Lee

Additive Negative

"I never eat any food with additives or preservatives, or anything that's been sprayed or fed chemical grain."

"And how do you feel?"

"Hungry."

—Oliver E. Frazier

Melting-Pot Mentality

"Funny people, you Americans," a foreign visitor said. "You take a glass of water, put sugar in it to make it sweet and lemon to make it sour. You put gin in it to warm you up and ice to keep you cool. You say, 'Here's to you,' and then drink it yourself."

—James Curnane

Mind over Doesn't Matter

Nothing's wrong with changing your mind. But that doesn't mean the old one will work any better.

—George E. Bergman

Not Enough Dime

An optimist: a man who puts a dime in the parking meter when his wife goes shopping.

—Homer Phillips

Kid Leather

Summer camp: where your kids spend six weeks making you a wallet you won't need—thanks to their six weeks at summer camp.

—Martha J. Beckman

Figuratively Speaking

I've a sexy figure for my age,
So I'm often told;
If they'd just skip the "for my age,"
They'd really have me sold!

—Elsa Maresh

Non-Laffer Curve

Some secretaries were discussing the semantics behind such oft-repeated words as recession, depression, and panic.

"What's to discuss?" one said. "It's a recession when my neighbor's out of work, a depression when my husband is out of work, and a panic when I'm out of work."

—Thomas E. Oetzel

Peace by Piece

Some people seem to confuse peace
of mind,
As they go about their affairs,
With giving humankind
A piece of theirs.

—Ruth M. Walsh

Counter Encounter

"The other day I had a close encounter of the third kind. I came home from work and found an alien robot in my kitchen."

"Did it hurt you?"

"No, but it eloped with my blender."

—Thomas LaMance

Deft-initions

Secret ballot: Private aye
Bargain sale: Shoppers' maul
Ophthalmologist's office: Site for sore eyes
Inheritance: Will-gotten gains
Mustache: Razor's hedge

—Hank Billings

Dear Old Days

Remembering is somewhat like a grammar lesson: We find the present tense and the past perfect.

—Darlene Wayo

"These tickets are only good through 1986!"

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Mon-daze

Though calendars tell me it's
Thursday,
My outlook is rather more bleak.
According to internal survey,
Today's the fourth Monday this week.

—James A. Knoop

Are You Experienced?

Experience is a great teacher, and you can't play hooky from its classes.

—Arnot L. Sheppard, Jr.

My Wife

She doesn't have to be the prettiest,
Which, of course, she is.
She can even be the homeliest,
And look like a friz.
But in all my life through, and I'm
Telling you right,
Of all this world's great views,
She's my favorite sight!

—Harvey Holman

Midsummer's Day Nightmare

(The thud of a ball into a mitt)
Umpire: Strike three!
Batter: (Closing in on masked figure as the crowd begins to boo) Do I understand thee aright? Hast thou added horror to earlier blunders?
Umpire: I must congratulate thee on thy perception.
Batter: And I on thy hearing. For it seems that is how thou hast been ajudging all these tossings.
Umpire: It would behoove thee to bestir thyself to the safety of thy comrades' company.
Batter: Thou hast bestirred thyself this noon without the aid of thy guide dog.
Umpire: (Taking off his mask as the crowd offers jeers and catcalls) I fear, young sir, that I must begin to take umbrage.
Batter: Umbrage? Thou oaf, thou knave, thou poltroon not fit to mediate. . . .
Umpire: Were I thee, I would hie me to yon precincts.
Batter: And were I thee, I would return to my sightless world beneath earth and rock.
Umpire: (Eying him) Were thy staff as active as thy tongue, perhaps thou wouldst not have postured so foolishly, while tossings straight and true. . . .
Batter: Straight and true? What wouldst thou know of straight and true, thou offspring of the bat and the serpent?
Umpire: (Now appraising him) If thou lingerest long enough, which I doubt, thou may find thy word is no substitute for deed.
Batter: And if thou ever regainest thy sight, thou may note how much hath been missed in all thy years of sightlessness.
Umpire: (An edge in his tone) Methinks, sir, I have suffered thy sad wit long enough. Any further utterances will cost thee.
Batter: I care not. I must——
Umpire: Shall we say 10,000?
Batter: I have no fear, for I speak the truth.
Umpire: Twenty?
Batter: (Pause) It is what all have said——
Umpire: Thirty?
Batter: (Sotto voce) Once a blind poltroon, always a——
Umpire: Forty?
(Batter, now speechless, still manages several gestures as he walks toward the dugout, to the raucous approval of the crowd.)
Umpire: (At each gesture) Fifty? Sixty? Seventy? Eighty?
(Batter, finally subdued, sits and turns his back with no more gestures. Umpire moves back toward the plate, puts on his mask, and turns to the next batter.)
Umpire: Shall we resume, then, if thou wouldst be so kind?

—Daniel DePaola

Well To-do

A married couple peered down a wishing well one day. Suddenly the woman lost her footing, plunged over the edge, and disappeared down the black hole.

"I'll be darned," her husband said. "I used to think wishing wells were a lot of bunk."

—Bobbie Mae Cooley

Unwilling to Wait

"I have known you so long, doctor," the patient said at the end of a visit. "I do not intend to insult you by paying your bill—but I have arranged a handsome legacy for you in my will."

"That's very kind," the doctor replied. "Now please permit me to look at that prescription again. There's a slight change I want to make in it."

—Mrs. C.B. Williams

At Words for Loss

While the wedding-reception guests stood around talking, an elderly gentleman asked a young man if he were the bridegroom.

"I'm afraid not," the young man replied. "I was eliminated in the semifinals."

—Rose Sands

Suit-hers

A young lady sat discussing her two boyfriends:

"If I could only combine their good qualities, I'd be the happiest girl in the world. Ted is rich, smart, handsome, and debonair, and Dan wants to marry me."

—B. Bader

"'Original' or 'restored'?"

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MONARCH

The rheumatic old circus lion refused to "go gentle into that good night."

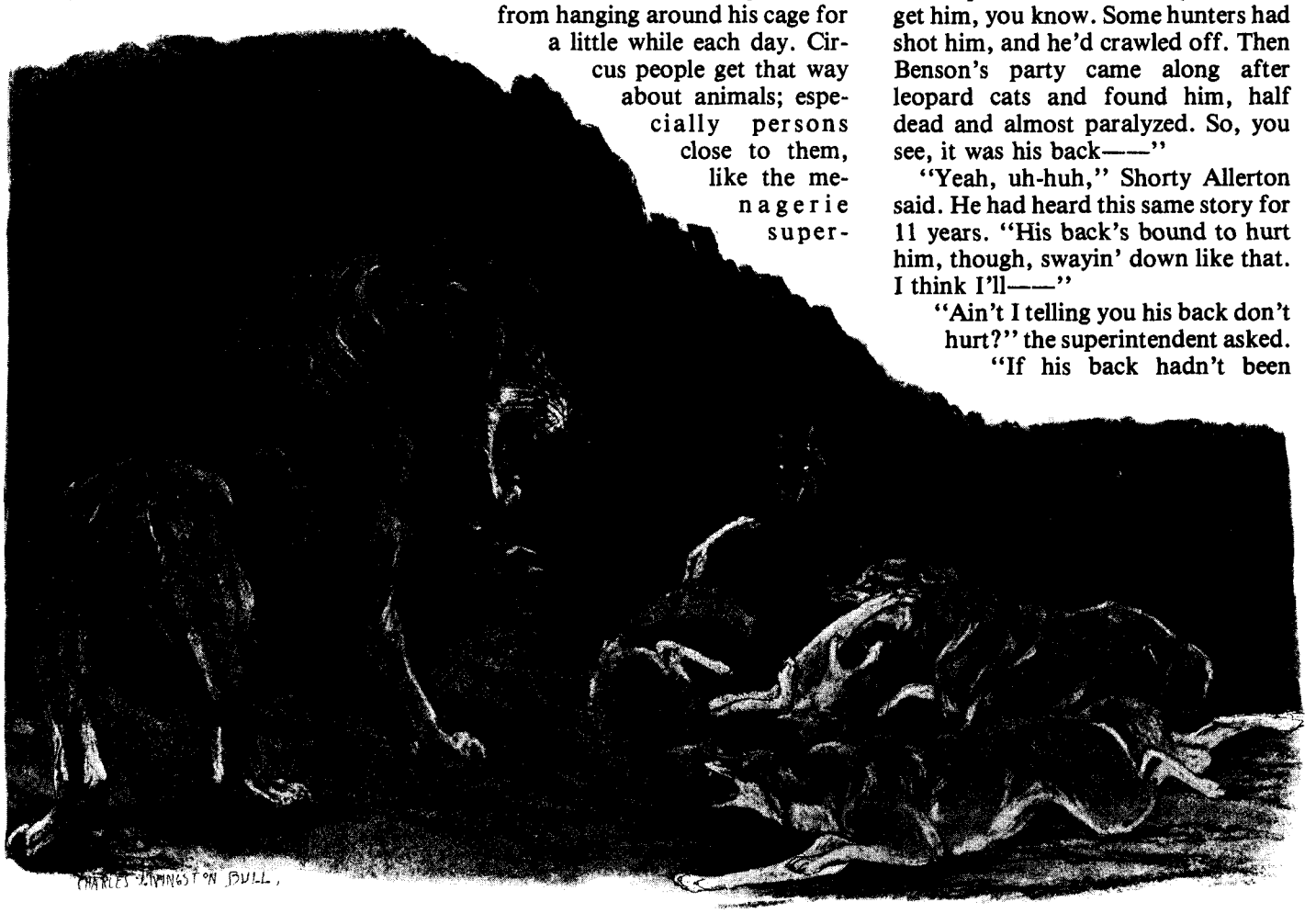
by Courtney Ryley Cooper

Illustrated by Charles Livingston Bull

One quality made Joe Dokes distinctly different from the other lions of the Grand Amalgamated's menagerie: He had been born in Africa and had grown to adult strength a feline of the wild.

Such a thing among menagerie lions is somewhat unusual. The menagerie cages frequently form the sole sources of leonine supply for every need; many lions live and die with no knowledge that anything else exists but the blather of the white tops, the roar of trains at night, and the warmth of the cat house during the season at winter quarters. Certainly, there are exceptions. Joe Dokes was an outstanding one.

Joe was old now—14, in fact—and he had been a part of the Grand Amalgamated circus for 11 years of his life. He was knotty at the joints, and rheumatic, and his back had a queer dip in it, like a sway-backed horse; this had become much more pronounced in the last few years. His tremendous teeth were still good, but his digestion was bad, so they fed him carefully; the old days of excitement at the sight of the meat barrow were gone. So, for that matter, were his performing days; Old Joe Dokes was a traveling pensioner. He was a pet as well; even the rush of a late arrival, the difficulties and activities of a bad lot, or rotten weather did not hinder at least a few of the menagerie men from hanging around his cage for a little while each day. Circus people get that way about animals; especially persons close to them, like the menagerie superintendent and Shorty Allerton.



"That sway's gettin' a lot worse in his back, ain't it?" Shorty asked his superior one afternoon following the matinee. "Spose he's got any pain there?"

"Think it's all in his joints," the superintendent answered professionally. "His back's always seemed sort o' numb; remember how it used to give out on him when he was doin' the leaps? That's how they come to get him, you know. Some hunters had shot him, and he'd crawled off. Then Benson's party came along after leopard cats and found him, half dead and almost paralyzed. So, you see, it was his back——"

"Yeah, uh-huh," Shorty Allerton said. He had heard this same story for 11 years. "His back's bound to hurt him, though, swayin' down like that. I think I'll——"

"Ain't I telling you his back don't hurt?" the superintendent asked. "If his back hadn't been

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numb, so he couldn't fight 'em or nothing, how would they ever have caught him? Didn't Benson tell me the story himself?"

"Uh-huh," Shorty said again, and jammed his hands in his hip pockets. "I guess oil o'wintergreen would be best. Just rub it up an' down his spine."

"Benson says they come on him all stretched out, an' some o' the fellows wanted to kill him. But Benson, he says not for nobody to shoot him, but to get him in a cage an' try to get him well. So they did, and that's why he's always been so tractable. Learned human beings could be kind if they wanted to. Finally he got to be pals with everybody."

"I could use reg'lar horse liniment up there along his spine where he couldn't lick it," said Shorty Allerton.

The menagerie superintendent scowled.

"Ain't I told you a million times his back don't hurt him?"

"Yeah, and ain't I told you the same million times you don't know what you're talking about?"

"I know it's his rheumatism," the menagerie superintendent said.

"An' where's his rheumatism comin' from?" asked Shorty Allerton. "How would he walk if his spinal column was hurt? It's them big muscles up by his shoulders that got jammed up when he was shot. That's what breeds his rheumatism."

"Yeah, and he could get rheumatism from feedin' him too much meat. What he needs is a tonic. That's what I'm goin' to give him."

"What he needs is a good rub along that back," Shorty Allerton said. "He's goin' to get it too."

"Yeah, an' he'll have a tonic," the menagerie superintendent said.

For a moment after that they were silent, each with the conviction of victory. It had been this way for years whenever Old Joe Dokes was concerned; a continuous quarrel, based not so much upon what should be done for Old Joe Dokes as upon who should have the joy of doing it.

Now they merely stood staring past the heavy bars of the cage to where Old Joe Dokes paced heavily upon his sore, knotted legs. There was something besides concern in their glances; there was pride. For in spite of the sway of his back, which gave his hindquarters an unusual appearance of thin weakness, in spite of the heaviness of his tread and the rheum of his old eyes, Old Joe Dokes still possessed the bearing and carriage of a lion.

To and fro he weaved against the bars, his heavy, black-maned neck arched and his old head erect, at last to halt at the far end of his prison and gaze out between the fretted steel. It was as though he were looking at something of sudden interest; the dimmed eyes had centered. His lower jaw had dropped slightly from the upper lips and their heavy bristles. Shorty Allerton cocked his cap and shifted his stance to a sloping attitude of attention.

"Seems to be doin' that a lot lately," he said to the menagerie superintendent. "Like he was lookin' out at somethin', but there ain't nothin' in front o' him but the other side o' th' tent."

"He's got a right to look out if he wants to."

"Yeah, I know, but he's kind o' got an air about him. You know, like there was somethin' away off. I've seen old soldiers look like that, when they get to talkin' about their fightin' days."

"Oh, yeah?" asked the menagerie superintendent without interest, finally to turn with the shouted news that the hippopotamus den had mired down outside the kid show. "I'll send up that tonic," he said over his shoulder as he walked away. Shorty sulked.

"Suppose I'll have to give it to him," he growled. "He's a reg'lar old woman about that lion."

Outside the menagerie tent, the superintendent paused and frowned a summons to the circus doctor.

"The settin' hen in there's talking about rubbing Joe Dokes with wintergreen," he said. "Suppose stuff like that'd upset his stomach if he'd lick it?"

"Whose—Shorty's?" the circus doctor asked with a laugh. Then he reached for his prescription pad. "Going downtown anyway," he said. "I'll send up a mixture that'll be better than just the straight stuff."

For Shorty Allerton and the menagerie superintendent were not the only ones who took the ailments of Old Joe Dokes as a serious matter. The word had traveled around that a beloved lion had not much longer to live.

A successful circus is much like a great many successful men; there is a prideful memory of other days, when life was more of a struggle; the things and beings that played their part in those formative times speedily take on a value of sentimentality as the institution progresses. More than one circus lugs a decrepit bandwagon or some old performer about the country—a luck piece long bereft of intrinsic value, but enhanced, nevertheless, with every passing year. So it was with Old Joe Dokes.

This ancient lion had been a bulwark in less prosperous days. One can find every sort of mentality in the cages of a menagerie; there are dullards and stargazers, mediocre mentalities, animal morons, brilliant but flighty personalities, even the criminally inclined. There are insane animals and dangerous sadists; there are lazy animals and workers; there are playful ones and the morose. The leonine family as it exists behind bars is an especial field for all of these, owing to the opportunities for close inbreeding and its dangerous results.

His hindquarters strengthened in new life. With one foreleg braced upon the ground, he sent the other out in a swift half circle as a coyote leaped within his range.

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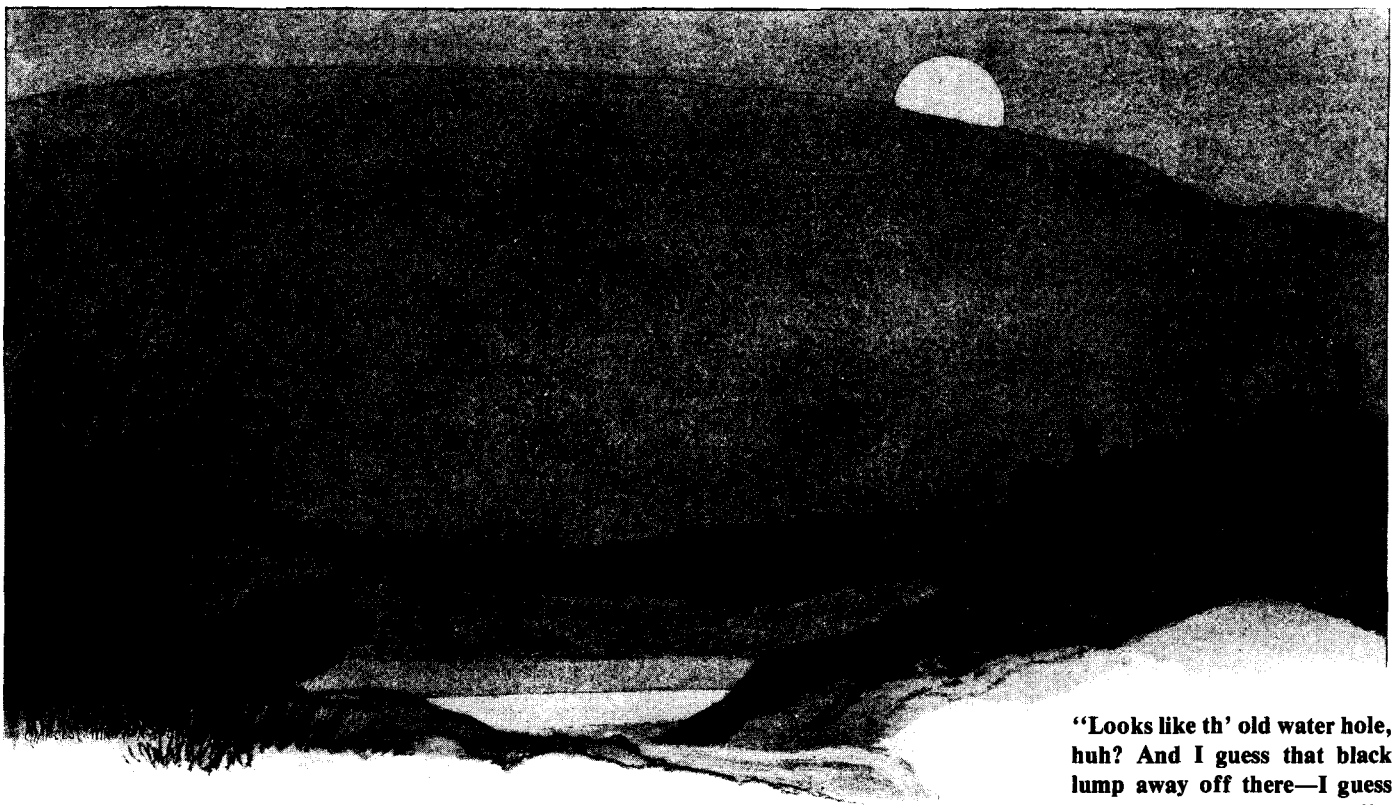

"Looks like th' old water hole, huh? And I guess that black lump away off there—I guess that's you, eh, old podner?"

But there are also the finer characters—the quick-thinking types, the business brains possessed of balance and common sense, which often are as responsible for the success of an act as the work of the trainer himself. Joe Dokes had possessed this kind of mentality.

The bullet that had felled him in Africa had been fired by an unseen enemy. The succor he had received had come from beings whom he had instinctively hated, but who had proved themselves gentle and kindly. Instead of a roaring, vicious, intractable prisoner, Joe Dokes had come to the steel arena with a strange feeling of understanding—as if anything these two-legged friends desired was proper and just. His had not been training; in fact, it had been a coeducational affair, in which trainers had learned as much about animal intelligence when properly approached as a lion had gained of the things expected of him—efforts appreciated because they took the form of pleasurable exercise. He had been one of the greatest of trained lions; he had brought many dollars through the front door of the Grand Amalgamated during its transition from a wandering, ten-car aggregation to one of the largest of outdoor attractions. And now that the creeping death of old age threatened Joe Dokes, it was a matter of personal interest with everyone. But, of course, that interest rose to a pinnacle with the menagerie superintendent, and to its peak with red-headed Shorty Allerton, who had taught Old Joe to obey his first arena command.

So Shorty dosed the lion with the menagerie superintendent's tonic, and he rubbed the ancient, swayed back with the concoction the circus doctor prescribed; he kept the cage supplied with fresh, clean straw to form a resting place for aged bones. Then, as time passed and Old Joe Dokes became slowly weaker, he adopted the habit of going into the cage and just sitting there, talking to the animal or stroking his ancient back. It was during one of these visits that the decrepit lion rose, as if in answer to a command, and walking to the bars, stared dimly through them for a long moment. At last his heavy throat filled and a querulous, low roar sounded against the other noises of the menagerie. Shorty Allerton went beside him and squatted there.

"What do you see out there, old podner?" he asked.

Of course, Old Joe Dokes did not answer. He could not have answered, even had he possessed the power of speech. He could only stare into the distance, then, after a time, thump back to his bed of straw and ease himself to its softness. Shorty Allerton shook his head; again he had found himself thinking of feeble old soldiers dreaming of swords and youth.

The show was on the Pacific Coast now, moving down into California in quest of warm weather for a final cleanup of performances before the end of the season. One afternoon Shorty Allerton and the menagerie superintendent wrangled for half an hour in front of the cage as to whether Old Joe would be able to stick it out until they got back to winter quarters. The menagerie superinten-

continued on following page

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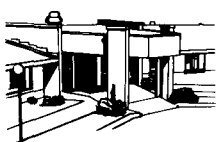

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dent didn't think he'd make the grade. Shorty Allerton said he'd have to.

"It'd be a lot better if he could pass out at home," he argued.

The menagerie superintendent scowled. "What difference does it make to him?"

"Well, I don't know as if it'd make any. Only he's worryin' about somethin'. Now, look; he's gettin' up. Now you just watch him when he walks to the bars and looks out. Like it was something important."

"Any cat'll do that."

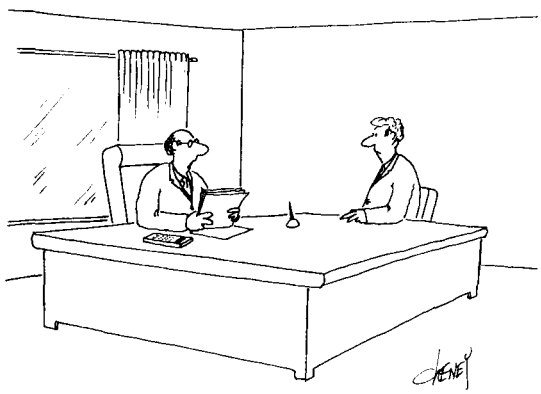
"Yeah, I know," Shorty said with a pull at his cap. "But there's something different about Joe there—like there was somethin' that had to be done. You get what I mean, don't you?" he asked his friendly adversary. "There's something that's got to be attended to before he can kick over."

"Ashcans!" the menagerie superintendent said. But Shorty Allerton believed sufficiently in his theory to give even a little more time to Old Joe Dokes during the day. And often at night, when the show was making a long run and there was nothing to do except to play pinochle with the gang in the sleeper, he would make the dangerous journey over the rocking flats to Old Joe's cage and just sit with him awhile.

They were traveling toward the desert one night as he went back for a visit. It was warm, with the soft, clinging warmth of Southern California. There was a full moon, blending shadow and brightness into a mellow beauty. There was the perfume of final growths of luxuriant flowers, sufficiently pungent to overcome even the handicap of roadbed dust, the hot smell of steel on steel, and the oil odors of the journals as the train highballed it along a stretch of straightaway track. There was beauty and the lure of far places; Shorty Allerton felt a strange, melancholy tugging as he pulled the bar of Old Joe's cage door and, going within, slumped down beside the lion. Beautiful things always made Shorty feel that way.

Far away, the ragged tops of the Sierras cut sharply back against the platinum sky. Nearer, upon a light eminence, the black fronds of palms waved softly, as with lazy contentment. After a while there was nothing except semiarid land, with shadowy clumps of trees in the distance, or jagged lines of blackness, denoting the course of a half-dry stream. Finally Old Joe Dokes stirred beneath the caressing hand of his master.

The old legs straightened and sent stiffened muscles into slow play. The swayed back tensed and his head jerked upward. Then, at last, he was on his feet and moving uncertainly toward the bars of his prison.



"I see by your résumé that you're highly qualified as an abstract mathematical theorist and as an expert in all aspects of the physical sciences. . .big deal, so's my calculator."

A night like this was unusual for circus animals; ordinarily, even when the warmth was sufficient to admit of the sideboards being removed, there was at least the shielding of the canvas covers to prevent a view without. But tonight there was nothing; the canvas shields were furled at the tops of the dens; before Old Joe Dokes lay a shifting world of moonlight.

He pressed himself against the bars, braced on his knotty legs against the motion of the train. He peered out toward the splotches of silver and the ragged lines of black, toward the silhouettes and undulating vistas. Then, with a strange nervousness, he began to pace, awkwardly, painfully upon the uncertain footing, halting to look outward, then pacing anew before he should pause again. It seemed to Shorty Allerton, sitting back in the shadows, that there was more of the regal about Old Joe than he had seen in years. His mane appeared to be so full and black tonight in the moonlight; Shorty knew that it was because the beast's neck was arched with a strength that had been missing lately. His heavy, broad head was tilted, now upward, now to one side, as with constant attention. Unconscious strength had taken much of the dip from his injured back; time after time he posed in tremendous silhouette, and each time it was a momentary picture of the monarch he once had been. Then at last, hard against the bars, he opened his great jaws and roared in rough, barking sequences; gruff roarings, like the coughing of a giant. Shorty went beside him and crouched there, his right arm over the beast's heavy mane.

"What do you see out there, old podner?" he queried. "Do you see the water hole like it used to be on a moonlight night like this?"

Shorty had read much of Africa. He had read much of animals. Once he'd thought he'd like to sit down sometime and write something about what he personally knew about 'em. He'd have done it, too, only for the punctuation and everything.

"Is that what you're giving the once-over?" he asked as the lion roared again. "Looks like th' old water hole, huh? And I guess that black lump away off there—I guess that's you, eh, old podner?" Suddenly he extended his free arm. "Sure enough it is! And look. Ain't that a zebra comin' down over that little hill—over there where them three things stick up like giraffes' heads? Ain't that a zebra? Sure it must be, kind o' mincin' along an' stickin' up his mule ears every now and then while he samples the air to see if there's a lion around."

He caught the beast tighter in self-generated excitement.

"Is that what you're lookin' at, old stager? Easy now, watch your step; keep your head down an' that spiked tail from swishin' around too much. They've got good ears, them zebras.

continued on following page

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They came here having faith in America. But who had faith in them?

They were honest, hard-working people. They were the immigrants who came here full of faith and dreams. And one company insured their dreams when no one else would.

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The Prudential salutes The Statue on her 100th birthday. Watch "Salute to Liberty" July 2-6, on the ABC Network.

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Don't make a move until he's just right. Wait till he pussyfoots past a little ways before you take the run. You know—just enough of a start to send you curvin' just right over his back, so you'll sink them fore claws in his shoulders to hang on by while you crack down on his neck bone. Easy now—easy now, old podner!"

The lion roared again, and breaking from his comrade he paced anew. But he halted finally at Shorty's side again, and once more the little man began his imageries. That could be Africa easy enough, out there in the moonlight, Shorty told himself. And there could be a water hole, with zebras and wildebeests and maybe an ill-tempered, short-sighted rhinoceros hanging around somewhere. By and by it grew late, and Shorty gave his ancient charge a good-night pat. Then he cussed the drawbar on the cage door as he worked to close it in the darkness; it was security, however, that angered him, rather than a lack of it. The bar fitted so tightly that all his strength was required to shove it home. The most intractable animal on the circus could never work that door open.

"Yeah, that's it," he mused—"thinkin' about home. I guess everybody does that when they get along toward the end."

But Shorty in his deductions was nearer a solution than the heavily maned beast that stood still braced against the bars and looked out at the swirling, moonlit countryside. Old Joe did not truly understand what urged him to this; he only realized obedience to strange cravings that did not make themselves clear to him, restless flashes that crossed his brain, uncertain stirrings that forced him to forget the oldness and swellings of his joints, and the pain of movement. What it was or why it was—that was something beyond the mentality of Old Joe Dokes. He only knew that something would suddenly surge in his brain, and that, grudgingly, he would exert himself to answer its summons. Then sometimes his heart would beat faster and he would bestir himself to an old attitude of supremacy—but he did not know why.

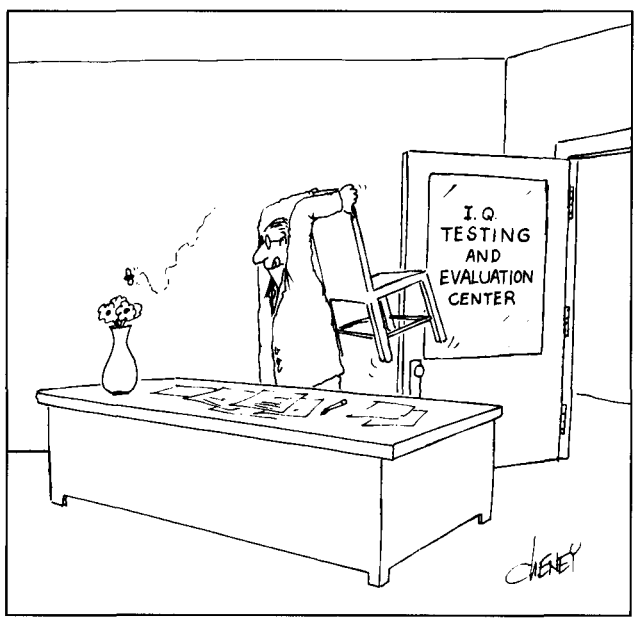
The next afternoon found the circus still traveling over hot, dry, comparatively desert country. The menagerie superintendent approached the bunk where Shorty was sprawled.

"Just talking to the manager," he said. "Got a clear rail now, so we ain't going to make a feeding stop until after sundown. We'll hit a water tank along about that time. It'll be cool in the twilight; and if we have to stay a little longer, there's the moon to work by."

"Yeah," Shorty Allerton said. Then with an afterthought: "Guess I'd better go back and sit awhile with Joe. I ain't seen him since morning."

"All right, is he?"

"Who—Joe? Yeah, seems kind of tired, though; he was at the bars pretty near all the time I was back there. Funny how he acts, ain't it?"



Old Joe was pacing slowly when Shorty pulled the grudging drawbar and entered the cage; the animal trainer felt he noticed about him the evidences of a new agitation.

"Too much scenery, old kid," Shorty Allerton said. "It's got you thinkin' about things."

Shorty Allerton's presence, however, seemed to bring a calming influence. The old beast halted for his usual petting; when he continued his pacing, it was for a shorter interval. Finally, tired, the soreness of his muscles asserting itself, he hobbled to his straw pile and settled there. After a time he slept.

Two hours passed. Screeching brake shoes gave evidence that the feeding stop had been reached. Shorty Allerton rose from his resting place on the cage floor, and as the train came to a halt, he tiptoed to the cage door, worked slowly at the drawbar, and again cussed the tightness of the locking device. Then someone called him from up the line. The animal man eased himself out and caught the drawbar, meanwhile shouting over his shoulder as he drove it home—with extraordinary ease, he thought.

Moonlight had come when the lion awoke. The train was moving jerkily as the engine gave and took up slack on the way to a siding, some half a mile away. Old Joe watched the vague, passing figures beside the track without curiosity. Then he turned and, with equal lack of interest, regarded a noisemaking device at the end of his den. It was the door of his cage, swinging wide or clashing, steel against steel, as it closed momentarily, only to sway outward again with the rocking motion of the train. Shorty Allerton had failed to notice, when the drawbar had moved so easily, that it was moving outside its hasp. Now, with the bar protruding, the door could not even mesh with its framework when it closed; the steel impediment merely rattled and sent it gaping again. It caused little concern for Old Joe Dokes. At last, as the engineer widened the throttle to back the train upon the siding, the door swung clear against the cage proper and tangled with a loose rope from a canvas tie-off. The noise ceased after that, for the door now remained open. But Old Joe Dokes paid no attention to that either.

Then, from far away, over a ridge of hills, came an eerie, wailing call. It was high-pitched and weird, breaking from the crescendo wail into series of sharp yappings. Then there was silence. But after a time the call came anew, this time from a different direction. And for a third time; then slowly the cries began to converge, signal and answer, call and command; somewhere, out in the dusk and silver of the distant hills, a coyote pack was assembling with the curiosity engendered by strange animal scents. Higher and higher the cries

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rose, piercing the night. Old Joe Dokes pressed his giant head against the bars and growled. He did not know why.

An interval of quiet followed. Then a new succession of those weirdly engrossing cries arose. The lion began to pace, a slight rigidity making itself apparent in his heavy, spiked tail. Strange things were struggling within his aged brain; once he went to the open door of his prison and stood there with his head out, peering dimly into the moonlit distance. Then he resumed his pacing.

Fires had begun to burn in the ancient heart now. It was beating faster, slowly faster; and there was more warmth in his enfeebled legs. He growled anew; suddenly his big head went upward and the roars came, bellow upon bellow. As if in answer, there sounded from a pinnacle of the silvered night the cry of a lone coyote, signaling to the stars.

It angered the beast; a blunt anger, achieved without mental direction. He whirled and sent a gruff challenge into the night. Then once more he paced, and once more he paused at the door, with his head and shoulders protruding. Now the whole pack was screeching, as if in answer to his sonorous call; higher and more unearthly became the screams, and again something writhed within his brain and struggled for freedom. Old Joe Dokes moved out of the cage to the floor of the flatcar. After a time he moved again, this time to the ground. It was an involuntary action. He only knew that he was obsessed, to go onward, out into the moonlit night, toward those cries of the far beyond.

It was an aberration that lasted until the lion had traveled for perhaps half a mile from the track, a period in which a rushing passenger train, its whistle hard down as it passed the feeding stop, had torn onward through the night and silenced for a time the unearthly chorus from the distant hills. Soon Old Joe Dokes, hesitating upon a slight knoll, saw a shadowy string of bulky cars begin to glide away. Farther and farther it traveled into the half light, until at last it had disappeared.

From a distant hill those cries began anew. Then they disappeared, to sound again. This time they were closer. An hour later, a harassed, sway-backed animal, his rheumy eyes rolling and his tongue darting at short intervals to his heavy lips, paused, listened, then strove to put more speed into the movement of protesting legs. For the first time in his life, Old Joe Dokes was under the weakening influence of fear.

He did not know where he was. He did not know where to go. Cage-bound for the greater part of his life, and softened by lack of exercise and by age and illness, this comparatively short journey had sapped much of his reserve. What it was that howled and screamed in the distance, he did not know; but instinct told him that these were the cries of pursuit, and that danger trailed him step by step.

It was creeping danger, skulking, cowardly. Old Joe Dokes did not realize that. Neither did he realize that the ten gray, doglike animals of the coyote pack moved warily, hesitantly, and held to the trail only because they felt sure they pursued something crippled and weak, something they need not fear since it fled at their approach.

Exertion was taking its toll. Each time he sent those grudging muscles into play, the pain shot from his ankle joints to his shoulders with the stab of a thousand burning needles. His back swayed the more; it was as if he carried a load of lead.

Fifty feet behind him, a gray figure, less cowardly than the rest, sneaked forward, yapped bravely, then skulked away. Then another ventured, and a third and a fourth. Old Joe Dokes swung his black-maned head and growled querulously; it sent the whole pack scampering. Midnight came and went. The pursuers grew brave again.

They came closer this time; one craven figure scurried forward, his jaws clicking as he meshed them repeatedly only a few inches behind the tired beast. The lion growled again and quickened his pace. This time the pack did not retreat. That growl was apparently harmless. Old Joe Dokes began to run in a hampered, shuffling scamper; his growls now were more grunts of pain than outbursts of anger.

But even as he groaned his discom-

continued on page 98

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LIBERTY: STANDING FOR THE FUTURE

We are missing the boat if we think the Statue of Liberty stands only for the past. . . . She has never stood for the past.

by Lee Iacocca

From the beginning, Americans didn't really appreciate what they had. . .what the Lady in the harbor stood for.

To really understand, you may have to look through somebody else's eyes. Think back with me for a minute to what it must have meant to my parents, or to yours, or to your grandparents. . .to all those 17 million people who came during the big immigration wave.

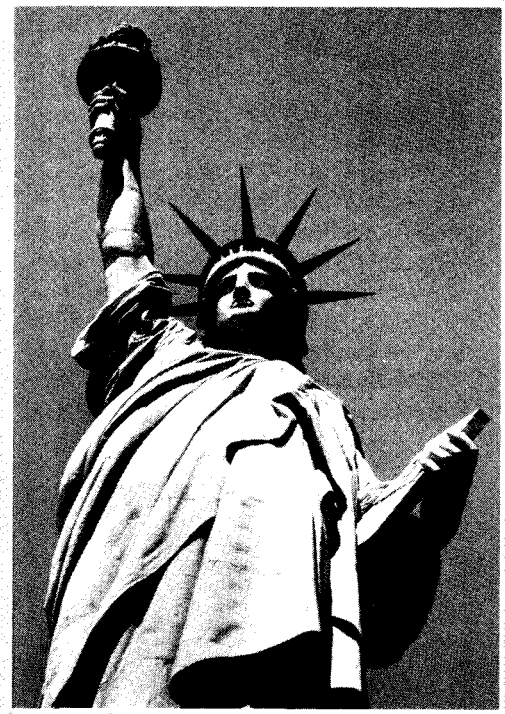
First, those people left their families and their homes. Most knew they'd never get back to see them again. What makes people do that? Courage? Desperation? Determination to be free? Wanting to give their kids a decent life? All of those, I guess. But what a wrenching thing it must have been!

And then 17 or 18 days on the ocean, down in steerage, where almost everybody on the ship was seasick. (My mother got typhoid fever.) They had two to three crowded, smelly weeks to think about what they'd left and to wonder if just half the stories about America were really true.

None of the immigrants remembered that boat ride very fondly. But they remembered the day they got to New York. They all came up on deck, dressed up in their best clothes, because this was the biggest day of their lives. They stood on the deck with just the clothes on their backs, and maybe a suitcase with a rope around it.

The first thing they saw was the Statue of Liberty. It was shiny then, because the copper hadn't turned green yet. And they could see it gleaming in the harbor from miles out.

I don't care how sick they were, or how scared, or how lonely—the sight of the Lady saying "Welcome" made the whole thing worth it. They never forgot that—or what happened next.



"Not like the brazen giant of Greek fame,
With conquering limbs astride from land to land;
Here at our sea-washed, sunset gates shall stand
A mighty woman with a torch, whose flame
Is the imprisoned lightning, and her name
Mother of exiles. . . ."—Emma Lazarus

If the statue was a symbol of hope, then Ellis Island was the reality. The immigrants called it "The Island of Tears," and for good reason. They were herded off the boat into a gigantic building. . .thousands in a single day. It looked like a cathedral, but inside, it was a cattle barn. Everybody was jammed into long lines, hanging onto each other, to the kids, and to the suitcase with the rope around it.

The sheer numbers meant that nothing was personal. There were quick medical exams, some of them humiliating. Tags were hung around their necks, and they didn't know what they meant. An immigration agent asked them 30 questions in two minutes. . .in a language they didn't understand. Twenty percent of them were detained on the island for medical or legal reasons, sometimes for days, sometimes for weeks. One in 50 was put back on the boat for Europe. (For them the dream was over!)

Ellis Island was reality, all right—an almost brutal counterpoint to that hope the immigrants were feeling just a few hours before.

But we need its symbol as much as we need the statue—because that's where the story really began. That's where the 17 million people were really introduced to America. They took a ferry across to the Battery and—guess what—they found that the streets were *not* paved with gold. They were on their own. The adventure was over. Now they had to go to work. Now they had to build something—with brains and strong backs and sheer guts.

They went to work in factories and in the mines and on the rail-

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roads, generally at the lowest-paying jobs. (Those always went to the new arrivals.) But in just a couple of decades they built an industrial America that was the wonder of the world!

They also built homes and neighborhoods and churches. Their kids went to college, fought in our wars, and became leaders in their communities.

So both the statue and Ellis Island are important symbols. One, of the shining hope for freedom and a better life. And the other, of the sacrifice, the suffering, and the plain hard work that turned that hope into reality.

We need them both.

Almost half of the people in America today are direct descendants of those 17 million whose first glimpses of America were those two symbols.

But they are equally important to every American—whether his forebears came 300 years ago to find religious freedom, or later from Ireland during the potato famine, from Germany and Eastern Europe to escape their endless wars, from Scandinavia to farm the prairies or to cut the timber in the Northwest, from China and Japan to work on the West Coast—north from Mexico or south from Canada.

THE SATURDAY EVENING POST
Kennett Harris – Richard Connell – Albert W. Atwood – Thomas Beer
Octavus Roy Cohen – Albert Payson Terhune – George Randolph Chester

J.C. Leyendecker chose Saint Patrick's Day, 1922, for a Post *cover saluting the thousands of Irish immigrants seeking freedom in America.*

The Statue of Liberty stands for the same thing for all of us—even those whose ancestors were brought to this country in chains as slaves. Maybe she is especially important to them.

I've spent a lot of time on the Statue of Liberty and Ellis Island projects. And other people are working *full* time on them. Millions of people have sent in money. This has caught on because these symbols still stand for something beautiful.

But symbols mean nothing if the values aren't there.

We aren't spending millions of dollars just so the statue won't fall into the harbor and become a hazard to navigation. We aren't fixing up Ellis Island so people will have a nice place to go on Sunday afternoon. We're doing it because we want to remember, honor, and save the basic values that make America great—hard work, dignified by decent pay; courage to risk everything and start over; wisdom to adapt to change; and maybe most of all: self-confidence—to believe in ourselves. Nothing is more important than that.

The country is going through some big changes today. I don't know what to call it—"the information age," "the high-tech era," "the postindustrial society," or all of these. And people are scared. They wonder if there'll be a place for them.

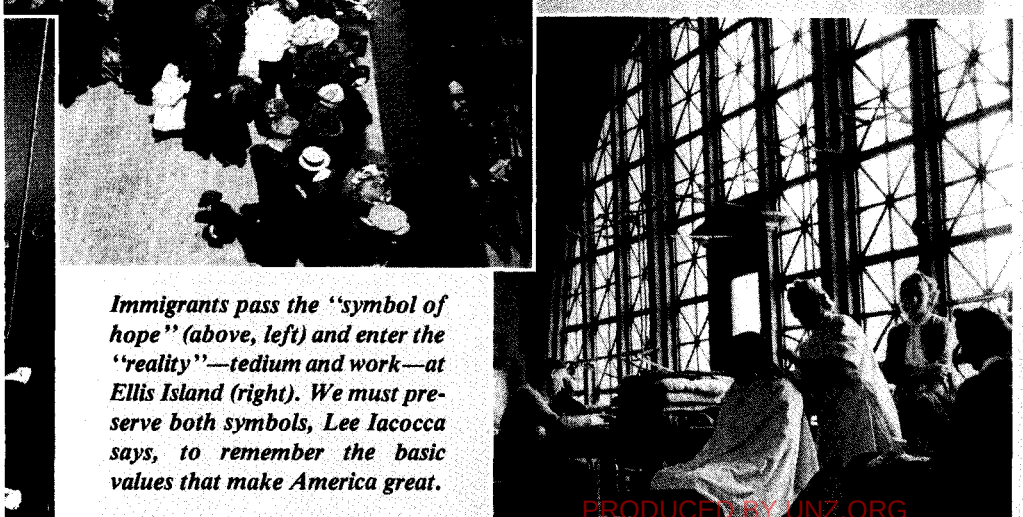
What are they scared about? There was also a revolution going on when those millions of people were being pushed through the chutes at Ellis Island. It was called the industrial revolution. They came from sulfur pits in Sicily and coal mines in Silesia, and jumped right into the middle of it here. They didn't even speak the language!

So what's so tough about today? And why can't our kids look forward to even *more* than we have, not *less*?

We make a mistake if we think the Statue of Liberty is just a historical monument, for she has never stood for the past. Every immigrant and every returning GI who sailed by her was escaping the past and entering the future.

She may be 100 years old, but the values she stands for had better not be as weathered as she is. And I don't think they are. Maybe now that we've gotten her polished up, more people will see that.

We're not just preserving a statue here, we're preserving all that she stands for. And if that's not worth passing on to our kids . . .then what is?



Immigrants pass the "symbol of hope" (above, left) and enter the "reality"—tedium and work—at Ellis Island (right). We must preserve both symbols, Lee Iacocca says, to remember the basic values that make America great.

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Torch replaced and face-lifted, the statue displays her new good looks.

LADY LIBERTY'S NEW LOOK

In 30 months, some 500 workers from almost every nationality of immigrants to America have rekindled Liberty's light in New York harbor.

by Fred Rosen

On August 29, 1927, Harry, Jack, Murray, and Izzie, four immigrant brothers from Poland, stood on the deck of the U.S.S. *Leviathan* as it sailed into New York harbor. As the ship passed the Statue of Liberty, they looked up at her and wondered: Would she be for them and for their families what she had represented to the world for the previous 43 years—a symbol of hope and freedom, a harbinger of economic prosperity in a country where the only limitations seemed to be the extent of one's own dreams?

• • •

"In landing beneath its rays, people will know that they have reached a land where individual initiative is developed in all its power; where progress is a religion; where great fortunes become popular by the charity they bestow, and by encouraging instruction and science and casting their influence into the future." So said the Frenchman Count Ferdinand de Lesseps at the dedication ceremonies of the Statue of Liberty on October 28, 1886. After de Lesseps finished, Sen. William Evarts rose to address the crowd.

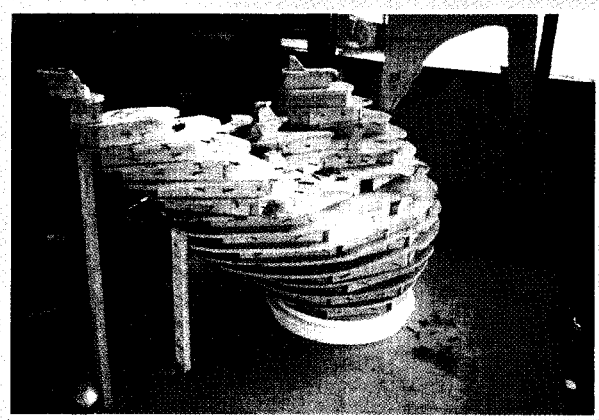
It was a cool, rainy day, but Bedloe's Island (renamed Liberty Island in 1956) was packed with dignitaries, and the surrounding waters were crowded with boats of every description, all decked out in colorful bunting. Everyone was eagerly awaiting the great moment of unveiling, for the face of the statue was still covered by a gigantic French flag.

In his speech, Evarts referred to the long ties of friendship between France and the United States that dated to Lafayette's service with George Washington. He praised the Franco-American Union, which raised money from the French people for the statue's construction.

After speaking for ten minutes, the senator paused, as if finished. Actually, he was only catching his breath. Meanwhile, a young man on the speaker's platform watched him intently; way up in the mist, on a scaffolding next to the head of the statue, three men eagerly watched the young man. They were Frédéric Auguste Bartholdi, the statue's sculptor; Richard Butler, the secretary of the American Committee; and D.H. King, who was in charge of erecting the statue. In their hands they held a cord, attached to the veil over the statue's face.

The young man below held a white handkerchief in his hand.

The last of the 500-member work crew employed on the renovation takes down the world's tallest scaffolding.



Constructing a small wooden model of the flame was one of the early steps in restoring Liberty's torch to the sculptor Bartholdi's original specifications.

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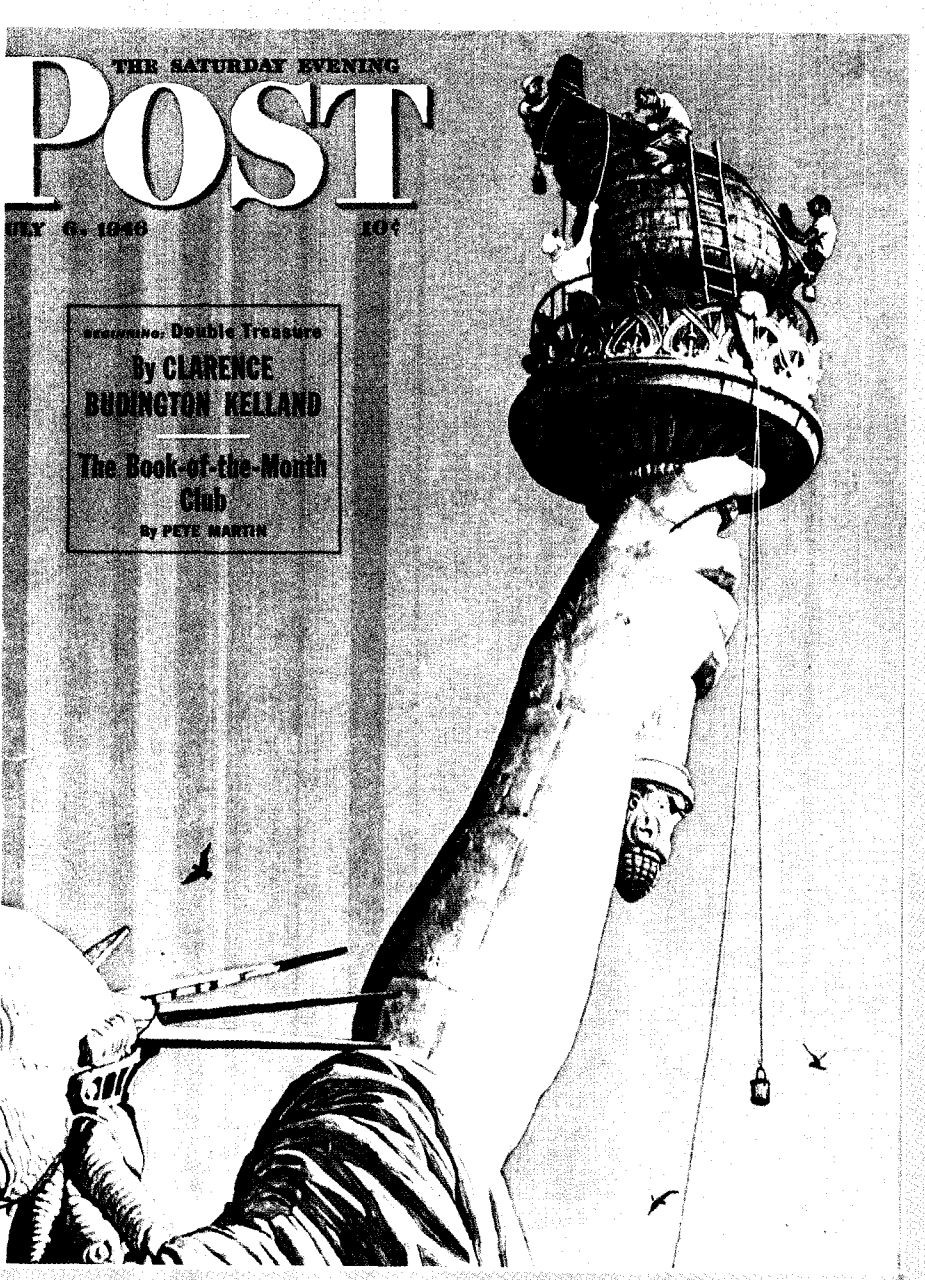


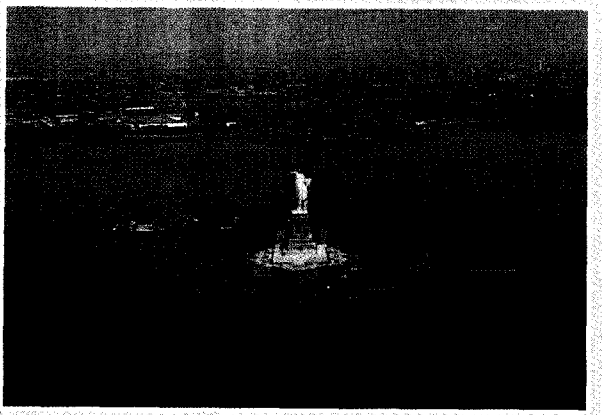
Norman Rockwell climbed to the top of the administration building on Liberty Island to make sketches for a Fourth of July Post *cover of steeplejacks cleaning the torch.*

Seeing that the speaker had paused, as if finished, the man madly waved his handkerchief. The three men above gave the cord a pull, and the veil fell from the face of Liberty. Bartholdi, shaken with emotion, turned and kissed and embraced the two men with him. A reporter from the *New York Times* described what happened next:

"All the noise that had gone before was child's play to what broke forth then. The whistles blew, the guns boomed, the bands played, the drums rolled, and the throngs on the island and on the river shouted one thundering paean of acclamation that swept down the bay on the wings of the northeast gale and smote the hills of Staten Island with a huge shock of sound. Through the mist in every direction could be seen leaping sudden, sharp flashes of light, and then the peal of guns echoed across the water.

"It was the end of the oration of Mr. Evarts," the reporter wrote. "What he might have said had he spoken out of the fullness of his heart at that moment will never be known, because he sat down."

The reporter's windy prose notwithstanding, subsequent speakers did get in some words. President Grover Cleveland gave perhaps the



With extensive new landscaping, Liberty Island will finally become the statue's "little jewel box" that Bartholdi planned in his 1874 drawings.

A peek under Liberty's flowing skirts shows the armature-bar supports designed by Alexandre Gustave Eiffel.

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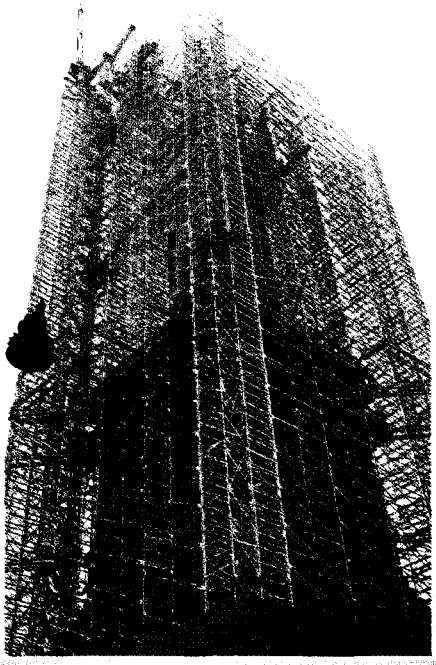


The original torch and flame are removed after 100 years of service.

best and the shortest speech of his career:

"We will not forget that Liberty has made here her home, nor shall her chosen altar be neglected," he said. "Willing votaries will constantly keep alive its fires, and these shall gleam upon the shores of our sister Republic in the East [France]. Reflected thence and joined with answering rays, a stream of light shall pierce the darkness of ignorance and man's oppression, until Liberty enlightens the world."

Nearly 100 years later, the Statue of Liberty's meaning remains the same. The sight of her somehow makes even the most hopeless cynic believe that in this land, anything is still possible—usually, for not all our citizens have yet achieved the American Dream. The statue is the great bastion of American ideals. The Roman numerals on the tablet in her left hand spell the date—July 4, 1776—on which history's most successful experiment in democracy began. The torch in her right hand is still freedom's light to nations of the world.

Yet, for the past two years, that light was extinguished—but only in a literal sense. Visitors to New York City were treated to the strange sight of the statue's huge frame engulfed in a lacy chrysalis of scaffolding, while workers scurried over her surface and disappeared in and out like worker bees. At night, without her flame, the statue was a brooding hulk, waiting patiently to be reborn.

During the years, Miss Liberty had been exposed to everything from acid rain to hurricanes—her torch and flame eroded beyond repair, her copper skin covered by a century's accumulated grime.

Inside, her armatures, the vertical and horizontal iron bars that support the statue's skin and hold its shape, had been slowly deteriorated by electrolysis, a chemical reaction between the iron and the copper skin.

In 1982, the U.S. Department of the Interior established a Statue of Liberty-Ellis Island Foundation, headed by Lee Iacocca, to coordinate fund raising for the restoration of Ellis Island and the statue. The total cost was estimated at $230 million, with $30 million earmarked for the statue itself.

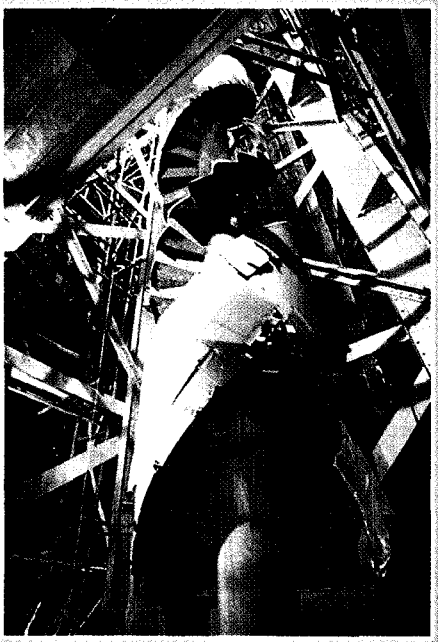
The foundation hired the firm of Swanke Hayden Connell Architects to draw up the plans, and the construction-management firm of Lehrer/McGovern, Inc., to supervise the project.

"We knew it wasn't just another job," Peter Lehrer declares in hindsight. "It was probably the most sought-after construction job in a decade. . .if we failed, the whole world would be watching."

Reconstruction began in January 1984, and complications immediately arose from the statue's unique location and composition. The contractors had to build a special dock to handle the heavy traffic of workers, material, and equipment to and from Liberty Island.

A huge scaffolding had to be erected so workers could reach all portions of the exterior, yet the scaffolding could not touch the statue, whose delicate copper skin is only as thick as a penny—about 3/32 of an inch. It had to remain 18 inches away from Liberty's skin.The result was the tallest, and the most expensive ($2 million), freestanding scaffolding in the world.

The rebuilding of the torch and flame presented another problem. It required workers skilled in the



A new spiral staircase with rest areas and observation platforms leads to the diadem.

The statue's right shoulder, misaligned by two feet off-center during original construction in Paris, was reinforced, but not corrected.

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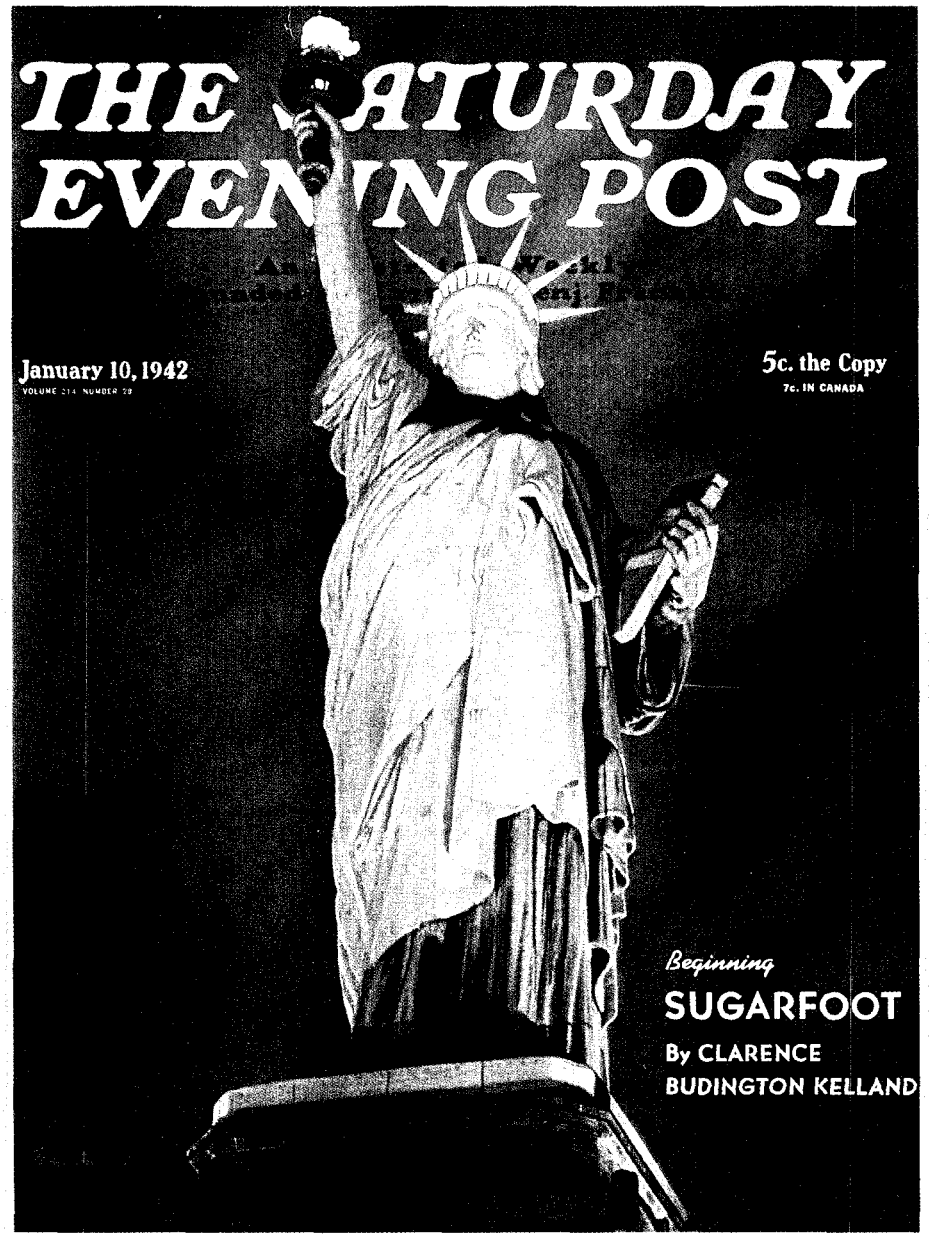

Miss Liberty made a timely appearance as a **Saturday Evening Post** *cover girl in a photograph by Ivan Dmitri, a few weeks after the attack on Pearl Harbor.*

highly specialized craft of *repoussé*, an ancient technique of hammering metal onto a sculpted form, for which no firm existed in the United States.

Thus began the trans-Atlantic trek of Gene McGovern, of Lehrer/McGovern, Inc., to select among 24 French and German firms that bid for the job. Metalliers Champenois of Reims, France, was chosen. In September 1984, the company sent 12 craftsmen and two tons of specialized tools to New York for the 14-month task.

Besides a language problem (only 1 of the 12 spoke English) the French *repousseurs* faced a formidable challenge—to reconstruct the torch and flame from Bartholdi's original plans. Working from old photographs, the artisans recreated the torch and flame in plaster, then in iron molds, and finally, in delicately hand-hammered copper. Sheets of 24-carat gold leaf were then glued to the flame by hand.

"Copying is always more difficult than creating an original," says the *repousseur* Jean Wiart. "We had to constantly refine our work until there was no doubt that it mirrored

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A worker inside the torch inspects the work of John Gutzon Borglum, the Mount Rushmore sculptor who fitted the copper flame with amber glass panels in 1916.

The new lamp beside the golden door passes, with shining colors, its first illumination test.

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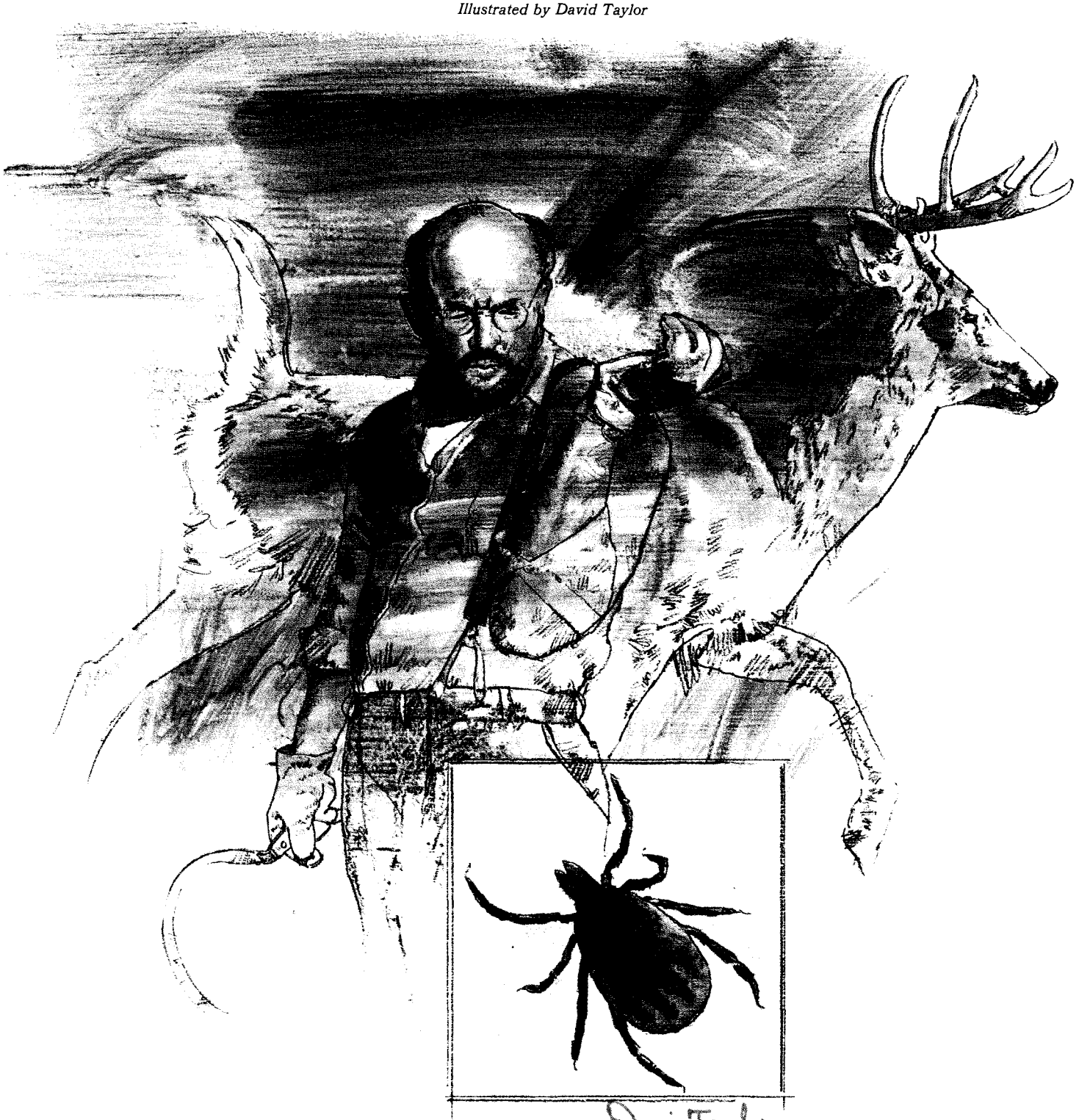
DEER AND A "NEW" DISEASE

We would like to think we're immune to nasty little organisms in the great out-of-doors, but a tick-borne newcomer from Connecticut has shown how vulnerable we can be.

by Roger Warner

Illustrated by David Taylor



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On the morning of July 4, 1984, a semiretired scientist named William Shurcliff cut the meadow grass in back of his summer home for a celebration later that day. For several decades, his family had given a kite-flying party on Independence Day in the coastal town of Ipswich, Massachusetts, 30 miles northeast of Boston. The party, mainly for children, had become a tradition in the community, and the 1984 version was a success. A couple of weeks later, however, in his office at Harvard University, where he writes books on solar energy and housing insulation, Shurcliff began to feel strange sensations. First he became so cold that he began to shiver. Then he felt "awful" all over, as if he were coming down with the flu. Then he started to feel so hot that he began to sweat. He went home and became so drowsy he could hardly keep his eyes open.

Shurcliff discovered he had an illness that has become commonplace in Ipswich in recent years. It was Lyme disease, a bacterial infection named for the town in Connecticut where it was first recognized a little more than a decade ago. It had been transmitted to him by the bite of an infected deer tick. The proof was a skin rash near his elbow, where a tick had probably attached itself while he cut the field in back of his house.

After a few days of taking antibiotic pills, Shurcliff was pleased to see the rash disappear, and he felt fine. That August, however, tiny intermittent pains began to flash through his muscles. In September, his heart was found to be beating irregularly. That fall and winter his ailments became more severe. Sometimes, for no apparent reason, his heart would start hammering in his chest, as if he had just climbed steep stairs. He had chronic intestinal gas. He lost weight. He tried different remedies, including dietary changes, rest, and more antibiotic pills, but nothing worked. Though blood tests were ambiguous, his cardiac irregularities fit the pattern of one of Lyme's known long-term effects. He entered a hospital. For ten days he received penicillin directly into his veins.

Today Bill Shurcliff has recovered, but he stays away from his Ipswich country house in the May-through-July peak of the tick season. He goes there only rarely the rest of the year, and he has canceled the traditional kite-flying party.

In many parts of the country, the simple act of venturing outside involves a certain amount of risk these days, and Lyme disease is not the only reason. In the upper Midwest and Florida, mosquitoes are transmitting viruses that cause encephalitis, a potentially serious inflammation of the brain. In the Rocky Mountains and elsewhere, ticks are still carrying the disease known as Rocky Mountain spotted fever. Even in unspoiled mountain wildernesses, drinking stream water can give hikers *Giardia*, a microscopic intestinal parasite. We Americans like to think we're immune to nasty little organisms in the great out-of-doors, but whenever some "new" illness like Lyme disease comes along, we are reminded once again of how vulnerable we really are.

Lyme disease is a curious phenomenon. It has been called a "suburban disease," because—at least in the Northeast—it usually occurs where houses are near areas in which deer have been allowed to proliferate. So far it has showed up in 24 states, though about 90 percent of the cases occur in just seven: New Jersey, New York, Connecticut, Rhode Island, Massachusetts, Wisconsin, and Minnesota. Clusters of cases have occurred as far south as Georgia and Texas and as far west as California and Oregon. In the opinion of certain medical observers, the disease is clearly spreading. The federal government's Centers for Disease Control (CDC) in Atlanta lists 1,498 confirmed cases nationwide in 1984 versus only 599 in 1983 and 226 in 1980. According to CDC researchers, these cases are just a fraction of the real total, because doctors in most states are not required to report the cases they find.

Though the infectious agent itself is known—a corkscrew-shaped microorganism classified as a spirochete—the effects of the disease on humans are variable and rather baffling. Some people who have been bitten by infected deer ticks, for example, do not seem to get the disease. Their bodies' natural immune systems overcome the microbes invading their bloodstreams—sometimes temporarily, sometimes permanently. Most, however, develop the reddish skin rash along with other first-stage symptoms, including headaches, fever, chills, drowsiness, aches, and a flulike or meningitislike condition.

Treated promptly with antibiotics, the majority of these people recover quickly. If they are not treated—and for a small percentage of people like Bill Shurcliff, even if they *are* treated—some develop such second-stage effects as meningitis, paralysis, or cardiac irregularities, or third-stage effects, usually arthritis but occasionally chronic skin disease or neurological disorders. To top it off, constant fatigue and lethargy make it impossible for some people to carry on.

• • •

Lyme disease is hardly ever fatal. If it seldom kills, if it is treatable, and if it has no long-term effects on most of the people who get it, then how concerned should we be? My own answer to this question is biased. My family comes from Ipswich, and though I have never lived there year-round, I spent summers there as a child and continue to visit there as often as I can.

Bill Shurcliff is a highly regarded Ipswich neighbor. A white-tailed deer, carrying ticks infected with the disease, could run from his place to mine, or from my place to his, in less than a minute. The house of another neighbor who has been hospitalized for Lyme disease is even nearer. Of the residents of this rural road, 25 percent have had Lyme disease at some point in recent years. A spot nearby is said by a professor at the Harvard School of Public Health to have the highest concentration of deer ticks in the world.

I stand a good chance of getting Lyme disease myself. For the past few years I have been clearing my patch of woods in Ipswich of brush. During that time, I suppose I have picked a dozen of the tiny deer ticks, *Ixodes dammini*, off my skin. The adult females, about half the size of the ticks commonly found on dogs, have a fringe of scarlet around their hind parts. The adult males are all black and smaller. The immature ticks, the nymphs and larvae, are not much larger than the period at the end of this sentence. They are the primary transmitters of the disease.

Prevention of Lyme disease is simple: If ticks don't bite me, I won't get the disease. After working in the

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woods I inspect my skin, every square inch of it. I have been told that if an infected tick bit me, and about half of them are infected, I would have only a few hours to remove it before the disease entered my bloodstream. This threat doesn't keep me from doing what I want to do. Still, my mind is never entirely at ease in the spring and summer.

I often see white-tailed deer when I walk into the woods. They abound now in this part of Massachusetts, where the mixture of openings and woods with dense underbrush provides a perfect habitat. Earlier in this century, when my father and Bill Shurcliff were young, deer were rare, and my woods was a field used as a place to stack salt-marsh hay. When the hay harvesters stopped using the field, such early succession plants as cedars, sumac, and a shrub honeysuckle sprang up, followed by oaks and hickories.

Hunting was forbidden on a 2,100-acre block of land nearby, the Crane Memorial Reservation and the Crane Wildlife Refuge, and this gave the local deer herd a haven in which to multiply. By the 1970s, when I began to go back to Ipswich, deer had become commonplace. I felt protective of them, and most of my neighbors did, too. We didn't allow hunting on our land. I now believe that was a mistake.

By the early 1980s, the deer population of Ipswich was greater than the land could support. On the Crane properties, deer began to die from starvation in the winters. At the same time, tiny deer ticks began to proliferate, many of them carrying the Lyme-disease spirochete.

In 1985, with nearly 250 deer occupying land that could support perhaps 50, a limited public hunt was held on the Crane properties. By that time, nearby private-property owners had already reversed their earlier stands and given selected hunters permission to shoot. On my recent trips to my Ipswich woods I have usually seen only one doe. I do not look at her with any affection. If she fits the normal profile, she carries the Lyme-disease microorganism in her bloodstream. In the fall, she might have dozens or even hundreds of adult ticks fastened to her, swollen to the size of raisins.

About 150 miles to the southwest of Ipswich, in Lyme, Connecticut, the fields around Polly Murray's house had also grown up to brush and trees by the 1970s. White-tailed deer had made a comeback there, too, and Mrs. Murray enjoyed watching them from her windows. She did not enjoy the unexplained illnesses her family began to suffer more than a dozen years ago. She was hospitalized for skin problems, fever, and arthritic problems in her neck, her jaw, and various joints. For a time, one of her sons became paralyzed in his facial muscles and developed joint swelling.

Proof of the tick bite was a skin rash near the elbow, where the tiny insect had attached itself.

The doctors said he had juvenile rheumatoid arthritis.

Mrs. Murray, who had a solid lay knowledge of science from her college days, went to the library to read the technical literature. She came away confused. If, as the books said, juvenile rheumatoid arthritis were both rare and noninfectious, what was happening to her family? For eight years she kept careful records and eventually found that more than 30 of her neighbors seemed to have the same problems. Mrs. Murray repeatedly telephoned state medical authorities to report her findings and request an investigation. At the same time, another woman from the same area, Judith Mensch, was reporting similar observations to the same authorities.

At first, doctors wouldn't take the two mothers seriously. Confined within their narrow specialties, the rheumatologists didn't want to hear about skin rashes, and the dermatologists weren't interested in swollen joints. Finally, Mrs. Murray came into contact with sympathetic researchers, including Dr. Allen C. Steere, a rheumatologist who studied at the CDC and teaches at the Yale Medical School. He looked at the notebook she kept of her neighbors' ailments, contacted local physicians, and invited affected residents to Yale for evaluation. Some of those neighbors remembered getting a reddish, bull's-eye type of skin rash before feeling ill. The rash, Dr. Steere learned, was similar to something that had been described in Europe as early as 1909, a lesion called *erythema chronicum migrans*, which results from tick bites. Some of the patients from Lyme saved the ticks that had bitten them, and it wasn't long before Dr. Steere made a definite connection between the deer ticks and the disease. His pioneering articles in the medical literature prompted immunologists, epidemiologists, wildlife ecologists, and other "ologists" to take a serious look into Lyme disease.

During that same period, still other researchers were investigating another new tick-transmitted disease called babesiosis. An infection of red blood cells resembling malaria, babesiosis is found in a much smaller area than Lyme disease—mainly Cape Cod and the islands of Nantucket and Martha's Vineyard in Massachusetts, plus the outer parts of Long Island in New York. Dr. Andrew Spielman, a medical entomologist with the Harvard School of Public Health, identified the tick species that spreads both diseases in the Northeast, *Ixodes dammini*. (He named it for a retired colleague, Dr. Gustave Dammin, who later caught Lyme disease.)

In 1981 Swiss-born Dr. Willy Burgdorfer was looking through a microscope for organisms that cause Rocky Mountain spotted fever when he noticed some odd, filamentlike, spiral-shaped bacteria he identified as spirochetes. The sample under his microscope was from a part of Long Island where Lyme disease had appeared. Burgdorfer, a medical research entomologist in Montana and

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an expert on both spirochetes and tick-carried diseases, realized he had found the Lyme-disease agent. The spirochete was named for him: *Borrelia burgdorfer*.

Other researchers found that dogs, like humans, can suffer from Lyme disease; that migrating birds have carried ticks infected with Lyme disease to the Southern states; and that other tick species besides *I. dammini* can transmit Lyme disease. Alarming cases began to show up, such as a New York City surgeon who was paralyzed in both arms by Lyme disease. After several years of therapy he has recovered 90 percent of the use of his arms, but he has had to change specialties within the medical profession. Pregnant women have been found to pass the Lyme-disease spirochete to their unborn babies; a few of those fetuses have died or become deformed, and researchers are trying to determine whether the spirochete was actually the cause of the problem.

Lyme disease is now known to exist in at least 19 countries, including France, Sweden, Italy, the USSR, and Australia. The earliest reported case in the United States seems to have occurred in 1962 on Cape Cod. Did the disease spread fairly recently to this country from someplace else, such as Europe? Nobody knows.

For all the uncertainty, researchers have managed to find out how people get the disease. The answer, at least for the Northeast and the Midwest United States, lies in the interaction of several different creatures. The first of these, the spirochetes, which have neither head nor tail but simply rotate their microscopic corkscrew-shaped forms to propel themselves, find mammalian bloodstreams a favorable environment for living and multiplying. But the spirochetes are not able to get into bloodstreams on their own. They have to be injected there by the deer ticks, thousands of times larger than the spirochetes.

The ticks grow through several stages, from larvae to nymphs to adults, before they are able to reproduce. At each stage, they need one blood meal, for a total of three meals during their two-year lives. The larvae tend to feed on white-footed mice. The nymphs feed primarily on mice, birds, or humans. The adult ticks usually feed on white-tailed deer, though any other warm-blooded animal, including people, will do. If the host animals already have the infection in their blood, the nymphs and ticks relay it to their next blood source. Mice, deer, and other creatures seem to be unaffected by the spirochetes. Why people suffer from them is still unknown, although the human immunological system certainly plays a major role.

• • •

For one other important question—How can we stop the disease?—scientists have no sure answers. It is unlikely they will find a vaccine anytime soon to keep humans from getting the disease in the first place. Most researchers believe it is impractical to try to stop Lyme disease by wiping out the ticks and the field mice that act as infection carriers. Deer are probably the weak link in the chain. In theory, if all the deer in a given area were removed, a few adult ticks would find other mammals to feed on, but most ticks would eventually die without reproducing. The number of cases of Lyme disease would then dwindle. In practice, however, scientists and wildlife managers are cautious about recommending the removal of deer, both because they lack the data to back up their theories and because "removing" deer essentially means shooting them. The idea of shooting deer—especially in suburban areas—is anathema to animal-rights activists; they tend to respond with lawsuits and other forms of protest. I can certainly understand their feelings. After all, I used to like deer myself.

Immature ticks—about half of which are infected—are the primary transmitters of Lyme disease.

For the time being, prevention is the best way to help reduce the disease. Posted warning signs can discourage people from venturing into brush or woods in tick-infested areas, particularly in the May-through-July peak of the Lyme-disease season. Brochures and public meetings can help teach people in tick-infested areas to inspect their bodies carefully every day and to see a doctor at the first signs of the characteristic skin rash or other symptoms. But the prevention approach has its drawbacks. Warning people about ticks in areas where the disease rate is low is like crying "Wolf!": After a while, people stop paying attention. Moreover, many people, especially children and the elderly, have trouble finding the nymphal ticks even if they look. And in perhaps 25 percent of the Lyme-disease cases, the skin rash does not appear, meaning that these victims might not realize until later that they are infected—if they ever realize it.

In Ipswich, where the danger is better recognized than in most places, a combination of deer hunting and public education seems to have stabilized the situation. In 1985, there were nine confirmed cases of Lyme disease on the road where Bill Shurcliff and my family have houses, roughly the same as in previous years. Without the preventive countermeasures already mentioned, the number would undoubtedly be higher. The bad news is that even this "progress" comes at a cost—the cost of canceling outdoor activities like yard work, hiking, and kite-flying parties. Furthermore, the recent research findings underscore the extreme seriousness of the later stages of Lyme disease: Last fall, Dr. Steere and other doctors reported a death from Lyme disease—the sudden heart failure from pancarditis, or spirochete involvement throughout the heart muscle, of a man from Nantucket. This is only the first known death of its type. It is not a cause for hysteria, but it is definitely a reason for concern. ✱

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BASEBALL'S YOUNGEST LEGEND

At the tender age of 21, the Mets' phenomenal Dwight Gooden is being touted as the best young pitcher in the history of the game.

by Barry Jacobs

Two dozen talent scouts had roosted in the bleachers at the Hillsborough High ball field in Tampa to watch the school's gifted starting pitcher. But the youngster proved unable to control his throws that late-winter afternoon; before the first inning was half over, the coach, Billy Reed, decided to change pitchers.

The scouts began to leave. Meanwhile, Reed turned and waved his sleek left fielder to the mound. As the tall right-hander began warming up, the thunder-crack of ball striking catcher's mitt filled the air. To a man, the scouts stopped in their tracks and hurried back.

Composed and collected both off the mound and on, Gooden the *Wunderkind* is, says his general manager, "the exception to all the rules as we know them."

"They had never seen Dwight before," Reed recalls. Perched on a milk crate on that same field, three baseballs clutched easily in his left hand, the veteran coach allows a small smile to tickle his face. "After that, they all started trailing after him."

Dwight Gooden, the unaffected star of the New York Mets, has had the sports world trailing after him ever since. "You know 'The Natural,' " says the Mets' pitching coach, Mel Stottlemyre, referring to the movie taken from the Bernard Malamud baseball novel. "Dwight's probably the closest thing to a natural that we have in the game today."

Stottlemyre's assessment reflects the consensus of a sport still abuzz over Gooden's arrival. At age 17, following his senior year in high school, the 6'2" Gooden was the Mets' top choice in the annual free-agent draft. Promising as Gooden was, four teams picked other players first.

At age 18 the minor-leaguer struggled to a three-wins, three-losses start with Lynchburg in the Class A Carolina League. There he had what was for him a unique experience. His coach chewed him out in mid-game for thinking so much that he was "pitching scared." Angry at the coach, but receptive to the advice, Gooden responded by striking out the next nine batters he faced. He went on to win 15 consecutive games and to set a league record: 300 strike-outs in 191 innings.

At age 19 Gooden was invited to the Mets' 1984 spring-training camp, common practice with budding prospects. He was given number 64, indicative of his status as a nonroster player unlikely to make the squad. But by season's end, only two years out of high school, Gooden had won 17 games and the National League rookie-of-the-year honors. His 276 strike-outs, the highest total ever recorded by a first-year player, led the majors.

Last season, at age 20, following one of the most masterly performances in baseball's 116-year history, Gooden was unanimously voted the Cy Young Award as the National League's best pitcher. The youngest Cy Young recipient ever led the majors in wins (24, against 4 losses), strike-outs (268, virtually one per inning), and earned-run average (1.53 allowed per game, the lowest figure in nearly 20 years).

Along the way Gooden enjoyed superlative stretches unimaginable for most pitchers: 14 wins in a row; 31 straight shutout innings; and 49 consecutive innings without yielding an earned run. Equally important, Gooden led the way as the Mets stayed in the pennant race until the last weekend of the season.

At age 21, the most famous Dwight since Eisenhower is one of sport's most watched performers. Predictably, everyone is cashing in, including Gooden, whose income from his playing contract ($1.32 million) and endorsements may exceed $3 million this year. Jim Neader, his agent, is also working on patenting Gooden's nickname, "Dr. K." (The letter serves as baseball shorthand for strike-out. Gooden has been called "Doctor" or "Doctor D," for Dwight, since he was seven.)

Last year the Mets drew approximately 5,000 additional fans, at an average ticket price of $7.50, to each home game the prodigy started. On the NBC "Game of the Week" the Nielsen ratings went up half a point (about 440,000 viewers) when Gooden pitched.

When Gooden gets two strikes on a batter at the Mets' Shea Stadium, fans clamor by the thousands for a strike-out, which they cheer as the pitching equivalent of a home run. "You can't help but hear it," admits Gooden.

But Gooden is more concerned with

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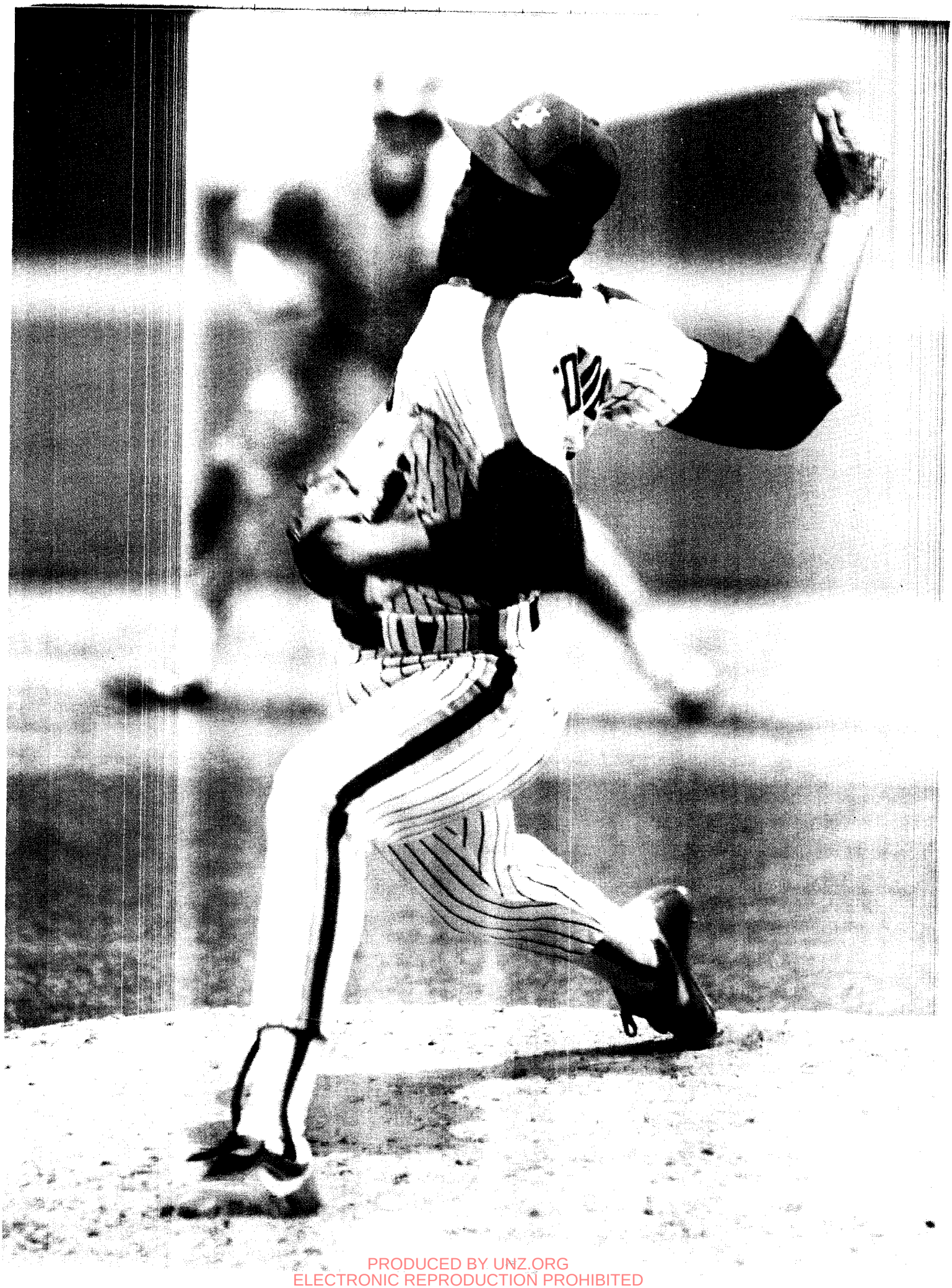

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OFF TO WORK SHE GOES

After 20-odd years and three-odd children, the wife decides to go back to nursing, and hubby spends a small fortune preparing her to bring home those extra paychecks.

by Maynard Good Stoddard

Illustrated by Don Trawin

My wife had everything a woman could ask for. Besides me, there was a roof with only one leak over her head and access to a car that would usually start after pumping the accelerator a few times. She was also eating well, as our cowering bathroom scales will testify. So other than coming home with a $21.48 sack of groceries she could have carried in her teeth, why would any woman in her right mind (now *there*'s a possibility) want to go back to work after all these years?

When we first united our plights in the trough of holy wedlock, or however that goes, she had been a practicing R.N. on private duty. Far be it from me to suggest that she used this noble calling as an excuse for dust in the refrigerator and meals that sometimes had to be thawed in the stomach. Let's just say I wasn't too upset when she knocked off "for a couple of weeks" to introduce our first child to this big old wonderful world. Then somehow her hiatus stretched into 20-odd years and three-odd children. But now that they were all reared (one of the girls a little too much so), and she was suffering from an acute case of quilter's thumb, and was bringing home these $21.48 sacks of groceries she could carry in her teeth, she had somehow decided that it all added up to grounds for going back to work.

"If you do, so help me, I'll do the housework!" I threatened. She might have grimaced, but it's *so* hard to tell. "And the cooking!" No use. Even the thought of this embarrassment didn't faze her. When the woman gets an idea in her head (where an occasional one will lodge), it's as good as set in concrete. So I threw in the towel (which I should have saved to mop my forehead) and braced myself for a few start-up costs.

It's one thing to be braced—quite another to have your back against the wall. My little bride having gone from a scrawny size 12 to a healthy 16, the first outlay was for three uniforms at $24.95 per. In a futile effort to revive my spirits, she jokingly announced that her white shoes had been refused by Goodwill ten years ago. Luckily (her word, not mine), she found two pairs in her size on sale at a mere $19.88 the pair—plus lunch. Woman was not made to shop for shoes, I was told, on an empty stomach.

That evening I was pasting an "Out of Order" sign on the cover of our checkbook when the refurbished nurse led me into the living room to point out the spaghetti effect in the hand-braided rug. Turned out to be her former white stockings. Foolishly thinking that another acquisition would end the outgo before the income began coming in, I went along with the purchase of what had to be, even if she crawled to work on her hands and knees, a five-year supply of white panty hose.

How could I have overlooked the vital nurse' cap? And if you think a nurse can walk into a dollar store (nee dime store) and buy just any old white cap, you aren't any brighter than I am. A nurse, you see, must wear the cap of her alma mommie or run the risk of being drummed out of the Florence Nightingale corps or whatever.

Thus we shot an order off to the Henry Ford Hospital School of Nursing for three caps. And when she couldn't get the doggone things to stay on (I'm sorry, not only because I frown on the use of strong language but because it's an indication that one is losing the battle), she made a hair-styling appointment, valued (by the stylist) at $16.

"Why not a simple bob job for a couple of bucks?" I inquired. "With the cap in place, who would know?"

"I would know," she responded. And if you have an answer for that, please call me collect.

Not only was our checking account by now a disaster area eligible for a low-cost loan, but the cash I had cached for a surprise weekend fishing trip wouldn't have taken me to the nearest self-serve gas pump. The only reason I postponed filing for bankruptcy was the assumption that the nurse, finally, was ready to slap a Band-Aid on our wounded assets. I have made better assumptions at race tracks.

I had overlooked dues to the American Nurses' Association and the Indiana state registry.

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For another small fortune, a nursing bureau would phone at 4:30 a.m. to alert her to a case. Although alumnae dues were not all that much, they included a quarterly publication, the current issue of which reminded her of the Social Security obligations of the self-employed. Finally—or so I thought—just in case she'd forgotten which thermometer goes where, I took out a second mortgage on the house and bought malpractice insurance.

The question of transportation was answered quite simply—she would take the car. And how would I get around? Her answer was so clever: "As I see it, you have two choices: Walk or jog."

The daily lunch money I "lent" her would, as I understood it, be repaid with her first paycheck. The daily extras, I began to suspect, were being considered out-and-out grants. I refer to such incidentals as the replacement for a hypodermic needle she broke while spearing olives out of a bottle the morning I couldn't come up with lunch money and she had to brown-bag it. One day it was flowers for an aide who had taken the afternoon off after dropping a bedpan on her foot. Within a four-day stretch I underwrote two birthdays, a wedding, and chipped in to buy a Rolls-Royce for a retiring head nurse.

When it came to how each one would get to work, wife generously offered beleaguered, bill-beaten hubby the two remaining choices: "Walk or jog."

Payday, at last! Only a mother of twin daughters being wed in a double ceremony will appreciate my preparations for the big event. My dinner specialty—hot dogs, medium well—simmering on a back burner. Candles a-drip on the kitchen table. The dog sprayed with pine-scented room deodorizer. Lawrence Welk's "All of Me'" at the ready on the record player. And all of little old apron-draped me smiling broadly in the doorway as my dear little thermometer caddy came aiming into the carport.

I assumed it was she, at any rate. It could as easily have been Raquel Welch with swollen legs. Legs were all I could see when this figure finally emerged and began stumbling toward the door. The rest of the figure was hidden behind boxes, bundles, bales, bags. . . . You name it, she had it.

In leading her up the steps I was able to name a few of the items. There was a pair of penguin doorstops we had been denying ourselves lo these many years. Here was a 2x3-foot framed print of "The End of the Trail" (if not essential, certainly appropriate). Sticking out of one bag was the rubber fire hydrant our dog has been bugging us for since he was big enough to stand on three legs. Clamped in her teeth was the wire bail on a carton stamped "**GOLDFISH**."

"Is this all?" I asked sarcastically, hoping she knew the meaning of the word.

"Eee erie uh iah urs ah oo doon."After I relieved her of the bail in her teeth, this became, "It's everything but my purse. And don't bother, there's nothing in it."

Among the essentials she proudly displayed that night was a ceramic cardinal that, when wound, trills "Oh What a Beautiful Morning." I have yet to wind it—nor will I, as long as our mornings begin at 4:30 a.m. and our checking account remains in intensive care.

I live for the day when she may begin to put her money someplace besides the shopping malls. But I'm not banking on it.

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GOLDEN GIRLS IN THEIR PRIME

Four veteran actresses, who admit to losing the battle with bikinis, are having the (prime) time of their lives winning the war against aging.

by Todd Gold

It's night when four women who look like cheerleaders for U.S. Rep. Claude Pepper return to the tidy home they share in Miami. There's Dorothy, who'd like to strangle her ex-husband for running off with a young stewardess; Rose, sweet and daffy, who still laments her late husband's death; Blanche, a sex-starved Southern belle; and the nettlesome Sophia, Dorothy's mother, a crab apple as lovable as a Cabbage Patch grandma.

Having just attended a rock concert, this gang of Geritol guzzlers pauses on the doorstep for a brief critique of the performance. Full of interest but slightly out-of-date, they show themselves still in touch with both the world and their sense of humor.

"The name Madonna doesn't fit her," Rose says.

"Try 'slut'!" Sophia says.

"Please," Dorothy quips. "She did things on that stage I never did with my husband!"

Entering their house, they face another surprise. A thief has ransacked the place. Alone and unprotected, they react with fear and caution. Like many older people, they feel like easy prey to this sort of unchecked peril. However, these ladies face the problem head-on.

"They were probably looking for drugs," Rose surmises.

"We have Maalox and estrogen," Dorothy replies. "How many thieves have gas and hot flashes?"

Score one for wisdom and a way of looking at life that takes years off old age. When Blanche, fearing harm if the burglar is still in the house, confronts the biggest problem of life, she deals it a knockout punch: "What if I die now?" she asks. "I'm too young . . . and I'm wearing the wrong underwear."

The situation is tense: Blanche and Dorothy quarrel over a two-timing beau. On "Golden Girls," wise friends loyally stick together when things become unglued.

They have gray hair and wrinkles, aches and pains, and bodies that have lost the war with bikinis. They carp and complain and get on each other's nerves. Yet they are full of laughter and love. They could be anybody's mother, aunt, or grandmother. At another time, these actresses might have retired to their favorite rockers to compose their memoirs. But NBC's "Golden Girls" has given its stars—Bea Arthur (Dorothy); Betty White (Rose); Rue McClanahan (Blanche); and Estelle Getty (Sophia)—a new chapter to their still-young lives. "To have this much fun is like stealing money," White says. "And I think we're showing that people of a certain age are still really vital and can have a h——— of a lot of fun."

Indeed. These "Golden Girls" have gracefully shown that people don't grow old—they merely ripen. Television has made a practice of celebrating the unblemished image of youth, yet the "Golden Girls" has become one of the most beloved 30 minutes on prime time. Since its debut last September, the program, steadily hovering in the ratings' top 10, has shattered a long-held myth that viewers wouldn't be interested in a show about older folks.

Well, balderdash to that. The phenomenal success of "Golden Girls," whose Saturday-night time slot is usually a graveyard for TV shows, has helped increase NBC's Saturday-night ratings a staggering 36 percent from a year ago. Popular with young and old viewers alike, the show's glib one-liners and senior jokes have prompted critics to chorus praise for the new ground being broken. "The show has a delicious case of bad manners," *People* magazine's Jeff Jarvis wrote. Stories of bridge games breaking up early so the players can watch the show are now routine.

Even the actresses are realizing the show's positive effect. "You haven't seen relationships on television between still really viable ladies who are of a certain age," White says. "I think it's changing people's ideas of aging."

Set in the slow lane of Miami, the mecca of senior citizens, "Golden Girls" takes its creative cues from such wide-ranging sources as Dr. Ruth Westheimer, "Charlie's Angels," and Lawrence Welk. And it dishes out a universal elixir: laughter. "I think it's become a huge success because it's the funniest thing on television," Rue McClanahan says. Estelle Getty, whose character, Sophia, steals most of the show's best lines, adds: "It's funny, well acted, and has the best d——— writing in television—all the things that make anything successful.

"I also think it's because the format is different," Getty continues. "I think because we are older, we have piqued the curiosity of viewers. But if it hadn't been good, they would've watched it once and turned it off. But not only did everyone become interested in watching four older women, they stayed around and liked it."

"Golden Girls" began in the office

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of NBC's programing chief, Brandon Tartikoff, when he learned of the changing demographics of the U.S. population. Almost 37 percent of Americans were at least 45 in 1984, and there are now approximately 10 million more people over 50 than there were ten years ago. The show dates back to a 1984 comedy skit on the "NBC Fall Preview Show." Then the concept landed in the lap of Susan Harris, 44, a veteran television writer whose grandmother, at 89 years of age, had taken a job helping the elderly and lived on her own until she died in 1983 at 93. The press-shy writer-producer said in a previous interview: "It's so much easier to write for a person who's lived 50 years instead of one who's lived 20. They have a lot more history, a lot more experience."

Earlier this year Arthur and White, appearing on "Donahue," were showered with praise, such as the comment from one woman who said the show made her "feel 52 and gorgeous." McClanahan says: "So many people have said to me, 'Oh, you've got us down, you've got us exactly. That's me and my three friends.' Or, 'That's my mother and her three friends.' In other words, the show seems to be true to life."

Certainly, if nothing else, "Golden Girls" is making people more appreciative of older folks. "The show presents a lot of issues that people need to look at," says 82-year-old Lydia Bragger, Media Watch chairperson for the Gray Panthers, a national organization that lobbies against, among other issues, age discrimination. "I think it makes people feel better about older people and about getting old themselves, which is a great service. It's a more realistic image, and that's what we're after."

Minus her make-up, the veteran stage actress Estelle Getty could pass as the daughter of her "Golden Girls" character, Sophia.

With more than 100 years of acting experience among them, the four women have created a chemistry of zest and verve. From day one of the pilot, it was all sugar and spice among them. "From the first time we got together it was something special," McClanahan says. "There was lots of energy, and there is every week." Arthur and McClanahan had worked together for six years on "Maude"; and White and McClanahan were partners for two seasons on "Mama's Family." The addition of the veteran stage actress Getty (who won a Golden Globe this year for playing the cranky Sophia) rounded out the troupe. "We all adore each other," Getty says. "They're terrific."

Despite the chuckles they generate on the show, the women can relate the rocky roads of their real lives to the "Golden Girls" theme of mature women struggling on their own. Bea Arthur has experienced marriage, motherhood, and divorce; she now lives alone. "Of course I went through a difficult period," Arthur says, "but I'm happy now." Away from the camera the Emmy winner (for "Maude") is extremely reticent—in high contrast to her sharp-tongued Dorothy on the show. "She's very private and shy," McClanahan says.

Rue McClanahan, who plays the show's risqué widow, began acting at age four in her native Oklahoma, then carved a reputation for herself as a stage actress before joining Arthur on "Maude" in 1973. Married five times and the mother of one son, she knows firsthand about resiliency. "I identify with the show a lot because I've lived my life like that," McClanahan explains. "I've been married several times and unmarried several times, and I've had to make various kinds of living arrangements. I think survival depends on how willing you are to give, on how flexible you're willing to be. You have to want to survive."

Estelle Getty may act the part of Dorothy's octogenarian mother, Sophia, but in real life she's a spirited 20 years younger. "People are always disappointed I'm not as old as Sophia," she says. A veteran stage actress, Getty has almost made a career of playing mothers—in the play *Torch Song Trilogy* and in the recent movies *Mask* and *Copacabana*. "That's been a fortuitous role for me," Getty says. "As my son once said, 'You'll always have work, because everybody has a mother.' "

The spunky Getty, the mother of two sons, spends most of the year in Los Angeles apart from her husband of 38 years, Arthur Gettleman, who remains in New York minding his glass business. "I like my privacy, but I don't like being alone much," she still maintains. "So I relate strongly to that part of the show.

"I think what I like best about the show's theme is that you have the choice of cursing the dark or lighting a candle," Getty continues. "I think people should live with other people, if that's what they want, and that's something our show tries to get across. I think communal living is a great

The strong-willed Bea Arthur may look down on her diminutive TV mom, Sophia, but she looks up to the wisecracking Sicilian for advice.

The NBC series keeps America home on Saturday nights: Viewers can't wait for the next episode of Miami's "spice."

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idea. The best elderly people I've seen are those who share homes with other elderly people. There may be a lot of bickering and gossiping, but at least people are not by themselves."

Betty White, like her character, Rose, is a widow who still deeply misses her husband, who died of cancer in 1981. White and the "Password" host, Allen Ludden, had met 20 years earlier on the set of the show. She was divorced, he was a widower; they married two years later. "The way my part is written, Charlie and Rose evidently had a good marriage," says White, a two-time Emmy Award winner for her work as the happy homemaker Sue Ann Nivens on "The Mary Tyler Moore Show." "It's impossible for me to refer to Charlie without thinking of Allen. That's just art imitating life," she adds.

These days White lives alone and keeps herself occupied when she's not working on "Golden Girls" by making guest appearances on game shows and by raising money for the several pet charities she's involved with.

Susan Harris, the "Golden Girls" scriptwriter, gleans inspiration for real-life story lines from her own independent granny.

"I'm a good loner," she explains. "The last thing in the world I could imagine is moving in with three other friends, no matter how much I liked them. Bea says the same thing. I'm very busy with people all day, and when I go home at night, being by myself is wonderful.

"But there are a lot of people who don't feel that way. There are a lot of people who need companionship—good, bad, or indifferent. They just cannot be alone. And I think for that reason we're saying something important on our show. We're saying that there is an alternative. People can kind of pool their resources and make a way of life."

Alternatives and appreciation. That's the whole idea. Now, while the show receives unanimous fanfare as a second season is scheduled to begin production this July, "Golden Girls" will continue to promote the vibrancy of old age and, like fine wines, the ripening of the human spirit. The message: "Don't throw us away," White urges. "Recycle us! If you were a vital young person, you'll continue to be interesting as you get older. Keep your ears open. Age is just a state of mind."

Something else to remember: Old age isn't so bad when you consider the alternative.

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ADVENTURES OF THE MIND

Why Do We Read Fiction?

By ROBERT PENN WARREN

Why do we read fiction? The answer is simple. We read it because we like it. And we like it because fiction, as an image of life, stimulates and gratifies our interest in life. But whatever interests may be appealed to by fiction, the special and immediate interest that takes us to fiction is always our interest in a story.

A story is not merely an image of life, but of life in motion—specifically, the presentation of individual characters moving through their particular experiences to some end that we may accept as meaningful. And the experience that is characteristically presented in a story is that of facing a problem, a conflict. To put it bluntly: no conflict, no story.

It is no wonder that conflict should be at the center of fiction, for conflict is at the center of life. But why should we, who have the constant and often painful experience of conflict in life and who yearn for inner peace and harmonious relation with the outer world, turn to fiction, which is the image of conflict? The fact is that our attitude toward conflict is ambivalent. If we do find a totally satisfactory adjustment in life, we tend to sink into the drowse of the accustomed. Only when our surroundings—or we ourselves—become problematic again do we wake up and feel that surge of energy which is life. And life more abundantly lived is what we seek.

So we, at the same time that we yearn for peace, yearn for the problematic. The adventurer, the sportsman, the gambler, the child playing hide-and-seek, the teen-age boys choosing up sides for a game of sandlot baseball, the old grad cheering in the stadium—we all, in fact, seek out or create problematic situations of greater or lesser intensity. Such situations give us a sense of heightened energy, of life. And fiction, too, gives us that heightened awareness of life, with all the fresh, uninhibited opportunity to vent the rich emotional charge—tears, laughter, tenderness, sympathy, hate, love, and irony—that is stored up in us and short-circuited in the drowse of

About the Author

At 82, Robert Penn Warren stands as one of America's most prominent and revered men of letters, and the first to be chosen U.S. poet laureate. A writer, critic, teacher, scholar, and poet, he "stumbled into fiction rather late," writing his first novel, *Night Rider*, at age 34. He first achieved critical and popular acclaim in 1947 for *All the King's Men*, a novel based on the life of Louisiana's Huey Long, for which he was awarded the Pulitzer Prize. He received further Pulitzer Prizes for poetry in 1958 and 1979. In 1980, he was awarded the Presidential Medal of Freedom. Much of his own works treat of moral dilemmas brought on by the erosion of traditional, rural values in the American South, where he grew up. He now lives and works at his home in Fairfield, Connecticut.

Illustration by Lucian Lupinski

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the accustomed. Furthermore, this heightened awareness can be more fully relished now, because what in actuality would be the threat of the problematic is here tamed to mere imagination, and because some kind of resolution of the problem is, owing to the very nature of fiction, promised.

The story promises us a resolution, and we wait in suspense to learn how things will come out. We are in suspense, not only about what will happen, but even more about what the event will mean. We are in suspense about the story in fiction because we are in suspense about another story far closer and more important to us—the story of our own life as we live it. We do not know how that story of our own life is going to come out. We do not know what it will mean. So, in that deepest suspense of life, which will be shadowed in the suspense we feel about the story in fiction, we turn to fiction for some slight hint about the story in the life we live. The relation of our life to the fictional life is what, in a fundamental sense, takes us to fiction.

Even when we read, as we say, to "escape," we seek to escape not from life but to life, to a life more satisfying than our own drab version. Fiction gives us an image of life—sometimes of a life we actually have and like to dwell on, but often and poignantly of one we have had but do not have now, or one we have never had and can never have. The ardent fisherman, when his rheumatism keeps him housebound, reads stories from *Field and Stream*. The baseball fan reads *You Know Me, Al*, by Ring Lardner. The little coed, worrying about her snub nose and her low mark in Sociology 2, dreams of being a debutante out of F. Scott Fitzgerald; and the thin-chested freshman, still troubled by acne, dreams of being a granite-jawed Neanderthal out of Mickey Spillane. When the Parthians in 53 B.C. beat Crassus, they found in the baggage of Roman officers some very juicy items called *Milesian Tales*, by a certain Aristides of Miletus; and I have a friend who, in A.D. 1944, supplemented his income as a GI by reading aloud *Forever Amber*, by a certain Kathleen Winsor, to buddies who found that the struggle over three-syllable words somewhat impaired their dedication to that improbable daydream.

And that is what, for all of us, fiction, in one sense, is—a daydream. It is, in other words, an imaginative enactment. In it we find, in imagination, not only the pleasure of recognizing the world we know and of reliving our past, but also the pleasure of entering worlds we do not know and of experimenting with experiences which we deeply crave but which the limitations of life, the fear of consequences, or the severity of our principles forbid to us. Fiction can give us this pleasure without any painful consequences, for there is no price tag on the magic world of imaginative enactment. But fiction does not give us only what we want; more importantly, it may give us things we hadn't even known we wanted.

"A very impressive résumé indeed, but I'm afraid we at this company are known for our good looks."

The daydream that is fiction differs from the ordinary daydream in being publicly available. This fact leads to consequences. In the private daydream you remain yourself—though nobler, stronger, more fortunate, more beautiful than in life. But when the little freshman settles cozily with his thriller by Mickey Spillane, he finds that the granite-jawed hero is not named Slim Willett, after all—as poor Slim, with his thin chest, longs for it to be. And Slim's college instructor, settling down to *For Whom the Bell Tolls*, finds sadly that this other college instructor, who is the hero of the famous tale of sleeping bags, bridge demolition, tragic love, and lonely valor, is named Robert Jordan.

How often have we heard some sentimental old lady say of a book: "I just loved the heroine—I mean I just went through everything with her and I knew exactly how she felt. Then when she died I just cried." The sweet old lady, even if she isn't very sophisticated, is instinctively playing a double game: She identifies herself with the heroine, but she survives the heroine's death to shed the delicious tears. So even the old lady knows how to make the most of what we shall call her role taking. She knows that doubleness, in the very act of identification, is of the essence of role taking: There is the taker of the role and there is the role taken. And fiction is, in imaginative enactment, a role taking.

Role taking not only stems from but also affirms the life process. It is, for instance, at the very center of children's play. This is the beginning of the child's long process of adaptation to others. It is only by role taking that the child comes to know, to know "inwardly" in the only way that finally counts, that other people really exist and are, in fact, persons with needs, hopes, fears, and even rights. And this discipline in sympathy, through the imaginative enactment of role taking, gratifies another need deep in us; our yearning to enter and feel at ease in the human community.

But all along the way, role taking leads us, by the same token, to an awareness of ourselves; it leads us, in fact, to the creation of the self. All our submerged selves, the old desires and possibilities, are lurking deep in us, sleepless and eager to have another go. Fiction, most often in subtly disguised forms, liberatingly reenacts for us such inner conflict. We feel the pleasure of liberation even when we cannot specify the source of the pleasure.

When in Thackeray's *Vanity Fair* the girl Becky Sharp, leaving school for good, tosses her copy of Dr. Johnson's *Dictionary* out of the carriage, something in our own heart leaps gaily up, just as something rejoices at her later sexual and pecuni-

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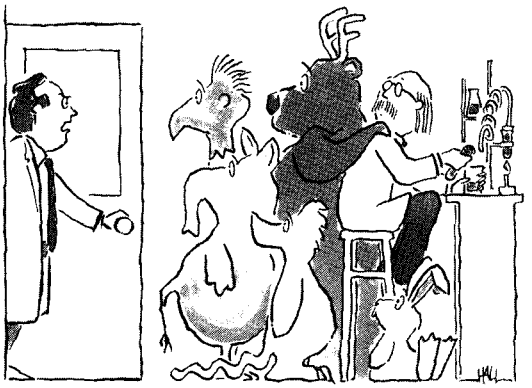
ary adventures in Victorian society, and suffers, against all our sense of moral justice, when she comes a cropper. When we read Dostoevsky's *Crime and Punishment*, something in our nature participates in the bloody deed, and later, something else in us experiences, with the murderer Raskolnikov, the bliss of repentance and reconciliation.

The knowledge in such confrontations does not come to us with intellectual labels. We don't say, "Gosh, I've got 15 percent of sadism in me" —or 13 percent of unsuspected human charity. No, the knowledge comes as enactment; and as imaginative enactment, to use our old phrase, it comes as knowledge. It comes, rather, as a heightened sense of being, as the conflict in the story evokes the conflict in ourselves, evokes it with some hopeful sense of meaningful resolution, and with, therefore, an exhilarating sense of freedom.

But in the process of imaginative enactment we have, in another way, that sense of freedom that comes from knowledge. The image that fiction presents is purged of the distractions, confusions, and accidents of ordinary life. We can now gaze at the inner logic of things—of a personality, of the consequences of an act or a thought, of a social or historical situation, of a lived life. One of our deepest cravings is to find logic in experience, but in real life how little of our experience comes to us in such a manageable form!

If a child—or a man—who is in a state of blind outrage at his fate can come to understand that the fate which had seemed random and gratuitous is really the result of his own previous behavior or is part of the general pattern of life, his emotional response is modified by that intellectual comprehension. What is intellectually manageable is, then, more likely to be emotionally manageable. Insofar as a piece of fiction is original and not merely a conventional repetition of the known and predictable, it is a movement through the "unknowable" toward the "knowable"—the imaginatively knowable. It says the "unsayable."

We see the logic of the enacted process, and we also see the logic of the end. Not only do we have now, as readers, the freedom that leads to a knowledge of the springs of action; we have also the more difficult freedom that permits us to contemplate the consequences of action and the judgment that may be passed on it. Where the price tag is only that of imaginative involvement, we can accept judgment. We are reconciled to the terrible necessity of judgment—upon our surrogate self in the story, our whipping boy and scapegoat. We find a moral freedom in this fact that we recognize a principle of justice, with also perhaps some gratification of the paradoxical desire to suffer.



"The ethics committee says you can't make any more of those things until you come up with Latin names for the ones you already have."

It may be objected here that we speak as though all stories were stories of crime and punishment. No, but all stories, from the gayest farce to the grimmest tragedy, are stories of action and consequence—which amounts to the same thing. All stories, as we have said, are based on conflict; and the resolution of the fictional conflict is, in its implications, a judgment too, a judgment of values. In the end some shift of values has taken place. Some new awareness has dawned, some new possibility of attitude has been envisaged.

We feel, in the end, some sense of reconciliation with the world and with ourselves. And this process of moving through conflict to reconciliation is an echo of our own life process. The life process, as we know it from babyhood on, from our early relations with our parents on to our adult relation with the world, is a long process of conflict and reconciliation. This process of enriching and deepening experience is a pattern of oscillation—a pattern resembling that of the lovers' quarrel: When lovers quarrel, each asserts his special ego against that of the beloved and then in the moment of making up finds more keenly than before the joy of losing the self in the love of another. So in fiction we enter imaginatively a situation of difficulty and estrangement—a problematic situation that, as we said earlier, sharpens our awareness of life—and move through it to a reconciliation which seems fresh and sweet.

Reconciliation—that is what we all, in some depth of being, want. All religion, all philosophy, all psychiatry, all ethics involve this human fact. And so does fiction. If fiction begins in daydream, if it springs from the cramp of the world, if it relieves us from the burden of being ourselves, it ends, if it is good fiction and we are good readers, by returning us to the world and to ourselves. It reconciles us with reality.

Let us pause to take stock. Thus far what we have said sounds as though fiction were a combination of opium addiction, religious conversion without tears, a home course in philosophy, and the poor man's psychoanalysis. But it is not; it is fiction.

The story, in the fictional sense, is not something that exists of and by itself, out in the world like a stone or a tree. The materials of stories—certain events or characters, for example—may exist out in the world, but they are not fictionally meaningful to us until a human mind has shaped them. We are, in other words, like the princess in one of Hans Christian Andersen's tales; she refuses her suitor when she discovers that the bird with a ravishing song he has offered as a token of love is only a real bird after all. We, like the princess, want an artificial bird—an artificial bird with a real song. So we go to fiction because it is a *created* thing.

Because it is created by a man, it draws us, as human beings, by its human significance. To begin with, it is

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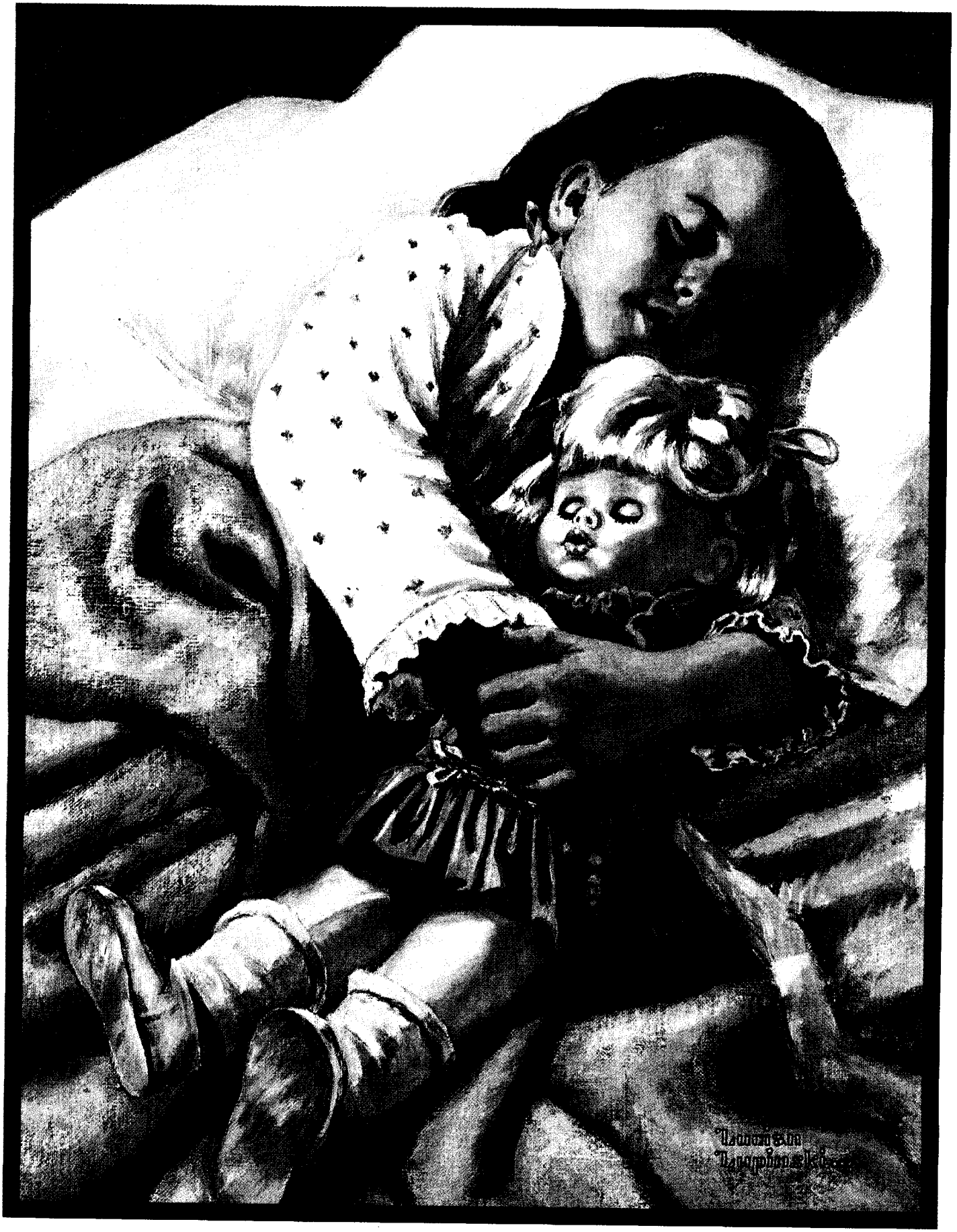

The Italian dolls had been a gift from Gina Lollobrigida. But when Tricia and Julie Nixon heard of the little girl suffering from leukemia, they gave the dolls to her and her roommate. A few months later, the girl died, holding the doll in her arms.

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ACTING AGAINST CANCER

For all of America's accomplishments in this century, the conquest of cancer could be our greatest victory.

by Richard M. Nixon

Illustrated by Lucian Lupinski

When I signed The National Cancer Act two days before Christmas in 1971, I said: "I hope in the years ahead we will look back on this action today as the most significant action taken during this administration."

How could I say that, particularly in view of what had happened in just that year: the first steps toward a historic new relationship between China and the United States, the announcement of my trip to Moscow that led to the first Soviet-U.S. nuclear-arms-limitation agreements, and the reduction of our forces and casualties in Vietnam by 75 percent—all major steps toward a more peaceful world? How could a new cancer initiative compare with them in importance?

We must recognize that more Americans die each year from cancer than were killed in action in all four years of World War II.

From a personal standpoint, however, there were several reasons for my deep commitment to finding a cure for cancer: When Mrs. Nixon was only 12 years old, her mother died of cancer. And when I was in high school, an aunt to whom I was deeply attached died of cancer.

While I was vice-president, three other incidents became seared in my memory. Early in 1953 I spoke to the President's Business Advisory Council, in Hot Springs, Virginia. Sen. Robert Taft preceded me on the program. He made some uncharacteristically rude remarks about businessmen that shocked those in the audience, most of whom were his friends. Upon completing his remarks, he abruptly got up and left the room, and pushed his wife, Martha, in her wheelchair, ahead of him. I noticed his limp as he walked. I turned to the chairman and said, "Ignore his comments. I sense that he just isn't feeling well." Two months later Taft died of cancer.

I shall never forget the last time I saw John Foster Dulles, on May 20, 1959. I often visited him at Walter Reed Hospital, where he was terminally ill with cancer. As the nurse wheeled him into the reception room that day, I noted that he was painfully thin. His voice was weaker than usual. But his superb mind had become even sharper as his physical condition had deteriorated.

He never talked about his physical problems during my visits, preferring instead to discuss the great foreign-policy issues to which he had devoted his life. On this occasion, I asked Dulles what advice he had for my meeting with Khrushchev, to take place the following month. I told him that some Soviet experts in the media were insisting my major goal should

Nixon, who signed the National Cancer Act in 1971, was recently honored by the Association of Community Cancer Centers for his service to cancer patients.

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be to convince the Russian leader that the United States did not threaten him and that we were sincerely for peace. He disagreed. "Khrushchev does not need to be convinced of our good intentions," he said. "He knows we don't threaten him. *He* understands *us*. What he needs to know is that *we* understand *him*. Rather than trying to convince him that we are for peace, you should try to convince him that he cannot win a war." It was the best advice I ever received on Soviet-American relations. Four days later, Dulles died.

My most vivid recollection is of a day when I was presiding over the Senate. The regular chaplain was out of town, and a visiting chaplain gave the invocation. I always listened to the invocation, because more often than not it was the best speech of the day—which may be damning it with faint praise. Afterward, I shook hands with him, and he asked me for an autograph for his daughter, who, as I recall, was about eight years old, the same age my daughter Julie was. The chaplain told me his daughter was an only child. He and his wife had always wanted children, and when this little girl was born after 15 years of marriage, she was a gift from heaven. I asked him where she went to school, and he told me that she was no longer able to go to school—she was at the National Health Institute and was being treated for leukemia. That afternoon Gina Lollobrigida made a courtesy call in my Capitol office and presented me with two beautiful Italian walking dolls for my daughters, Tricia and Julie. That night I told them about the dolls and the little girl in the hospital. They initially wanted to keep the dolls, but then they urged me to give them to her.

The next day at the National Health Institute, I had one of the most rewarding conversations of my life with the little girl and her roommate, who was also suffering from leukemia. I had gone there to cheer *them* up. Instead, their liveliness and irrepressible spirit cheered *me* up.

A few months later, I learned that the little girl had died while holding the Italian doll in her arms.

• • •

What progress has been made in the 15 years since the national cancer initiative?

• The federal budget for cancer programs has increased from $230 million in 1971 to $1.25 billion last year.

• Contributions to the American Cancer Society have increased from $70 million in 1971 to $240 million last year.

• The number of medical oncologists (cancer specialists) has increased from 100 in 1970 to more than 2,800 in 1980.

• The United States had only 3 comprehensive cancer centers in 1971; today it has more than 20.

But what are the results of all of this additional money and effort? First, the bad news: We have learned that, unlike polio or tuberculosis, there is no single cure for cancer. There are many different kinds of cancer; it is a hydra-headed monster. The death rate from cancer is still increasing: 472,000 people will die from cancer this year—an increase of 10,000 from last year.

And now for the good news: Although there is no single cure for cancer, cures have been found for some types of cancer. In 1971, there were cures for only 2 types of cancer in cases where the cancer had spread from the point of origin. Today, there are cures for 12 of these types of cancer. Although the death rate from cancer has increased moderately, the survival rate of those diagnosed and treated has increased dramatically.

Most striking, the survival rate for children with cancer has increased from 10 percent in 1970 to more than

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50 percent in 1985. Among all cancer patients in 1970, only 40 percent could hope to survive for five years or more after treatment. Today, more than 50 percent will survive. Here are some examples comparing 1970 and 1983: The survival rate for colon cancer has increased from 49 to 53 percent, leukemia from 22 to 40 percent, breast cancer from 68 to 75 percent, prostate cancer from 63 to 72 percent, and Hodgkin's disease from 67 to 73 percent.

But statistics are too cold and impersonal to make the point. Let me put it in personal terms: Two years ago I was deeply interested to learn that my brother Don, who is two years younger than I, had a very severe case of Hodgkin's disease. He has had a very rough time during the past two years, going through chemotherapy and other treatment. I saw him when I was in California recently. He looked thin and weak, but his spirit was strong. He told me his doctor said if Don had received only the treatment available 15 years ago, he probably would not be alive today.

One of the greatest advances of the past 15 years has been the early diagnosis and treatment of cancer. I recall a meeting of the National Security Council early in 1953. Seated at Eisenhower's right was Gen. Hoyt Vandenberg, the Air Force Chief of Staff, one of the most handsome men in the service and a legendary World War II hero. A great future lay before him. I noticed that he looked thin and drawn as he briefed the President and members of the Security Council on our Air Force capabilities. A few months after that meeting, he died of cancer of the prostate.

Gen. Jerry Persons, Eisenhower's military aide and one of Vandenberg's closest friends, was deeply shocked, because he felt that the death was unnecessary. Vandenberg had not found the time during his wartime service for the routine annual physicals that would have disclosed the problem. He could have been cured by a simple operation.

Just before Christmas last year, my former secretary, Rose Mary Woods, was not feeling well. Her doctor insisted on a complete physical. When he diagnosed lung cancer, she was shocked—she had never smoked in her life. She has had a difficult time since her operation, but the prognosis is good. Had the doctor not insisted on the examination and operation, she might not be alive today.

Finally, there have been some encouraging developments in basic research. Scientists have long believed that cancer is caused by damage to certain genes. Since the passage of the National Cancer Act, investigators at several laboratories across the United States have identified for the first time what are called oncogenes. They have begun to learn how genes are damaged by certain chemicals and how cancer genes are activated. They have not yet found a cure, but the first step is to find the cause, and in that they have made significant progress.

We had high hopes, when we launched this initiative 15 years ago, that we would find a complete cure for cancer. We have been disappointed, but we have made significant progress in prevention and treatment. More than 4 million Americans destined to get cancer will be cured because of the new technology developed under the National Cancer Act of 1971. The day is near when basic cancer research will achieve a dramatic breakthrough.

When I visited China in 1972, Marshall Ye, a revered 80-year-old Chinese leader who had accompanied Mao and Chou En-lai on the Long March, escorted me to the Great Wall. In the two hours we were in the car together, his primary interest was not in the new U.S.-Chinese strategic relationship, but in the progress we were making in cancer research. He observed that the Chinese smoked too much and that lung cancer was sharply increasing. I told him I hoped one of the results of our new relationship would be a program of cooperation between Chinese and American doctors and scientists in cancer and other medical research.

Four years later when I visited China again, I discovered a possible reason for his interest. Premier Chou En-lai, my host, was too ill to see me. He died of cancer a few weeks later.

Today the United States has political differences with several nations. Our differences with the Soviet Union are particularly great. Some will never be settled, because our interests and theirs are diametrically opposed. But we have one common interest that should override all political differences: The United States and the Soviet Union should be allies in the war against disease and particularly against cancer, in which Soviet death rates are sharply increasing.

"Great medical discoveries are not limited by national boundaries. They should never be limited by national differences."

I believe American scientists and doctors are the best in the world. We win more Nobel prizes than any other country. But we have no monopoly on wisdom. Great medical discoveries are not limited by national boundaries. They should never be limited by national differences. We are waging the war against cancer, not just for ourselves, but for all mankind.

Thirteen years from now we will be celebrating the beginning of a new century and the beginning of a new millennium, a day that comes only once in a thousand years. The 20th century has been the bloodiest century in history. One hundred forty million people have been killed in wars, more than all the people killed in wars in recorded history.

There have been some great positive developments as well in the 20th century. We have seen the automobile replace the horse. We have learned to fly. We have gone to the moon. We have split the atom. We have developed radio, motion pictures, and television. We have ushered in the age of computers. On the health front, we have found cures for polio, tuberculosis, and other dread diseases.

Before this century ends, the conquest of cancer could be our greatest victory.

When Nixon visited China in 1972, top-ranking Chinese seemed more interested in American cancer research than in the new U.S.-Chinese relationship: One leader observed that the Chinese smoked too much and lung cancer was sharply increasing. In fact, on his visit four years later, says Nixon, "Premier Chou En-lai [second from left, in 1972] was too ill to see me. He died of cancer a few weeks later."

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GOING FISHING WITH THE PROS

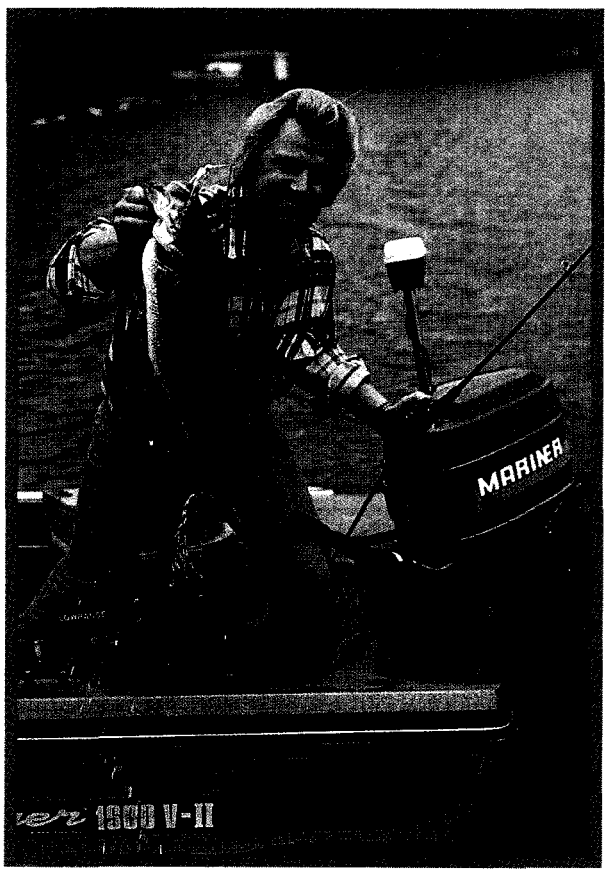
To become a good fisherman rather than a pole sitter, tackle the sport with confidence, say the experts.

by Patrick Perry

Summertime, and the fishing is . . .easy? Sing that line around a group of seasoned fishermen and they're likely to change your tune. It's not easy to hit a lake or a reservoir and land a stringer of "keepers." It takes time, patience, and practice to enjoy consistently great fishing.

The experts are the first to admit it. In our May/June issue, Jerry McKinnis, the host of the television outdoor program "The Fishin' Hole," tipped off our readers on winning trout tactics. In this issue, Babe Winkelman, Al Lindner, Billy Westmorland, and Steve McCadams pass along their angling expertise on catching walleyes, bass, and crappie.

No, successful fishing isn't easy. But with some inside tips from these outdoor champions, the sport may at least become a little easier.



Babe Winkelman, one of the country's top walleye fishermen, prides himself on his successful strategies to catch this elusive fish—and savors their flaky fillets.

Largemouth Bass

Mention "bass" at a board meeting or a town social, and you're likely to turn more heads than E.F. Hutton. In the past several years, bass fishing has become a sporting phenomenon. The Bass Angler's Sportsmen Society (B.A.S.S.) has, by 1986 estimates, more than 1,600 different chapters. This figure doesn't include the noncompetitive bassin' that takes place all over the country.

Why all the attention? The largemouth bass, a highly pugnacious fighter that becomes a water warrior when hooked, delivers a "reel" challenge to the angler. And bass offer a delicious, flaky white fillet.

Al Lindner, the host of the popular "In-Fisherman" TV specials, has logged some long hours zeroing in on largemouth tactics. "Fish are always found around food sources," Al says. "When you're fishing a bay, a cover, or an underwater point, try to pick a place that hosts a constant presence of food sources around it. You can learn to read these factors on your depth finders or graphs.

"If it has signs of life on it, fish it," Al emphasizes. "If it doesn't, don't fish it."

The second key to successful largemouth angling demands an awareness of the immediate environment. "You must develop the ability to understand water clarity," Al explains. "Generally speaking, fish that live in clear-water lakes are spookier. They like smaller lures and lighter line. Largemouth in clear water will hit free-running baits, like a deep-dive lip crank, more often than fish in dark, dirty water conditions."

Water clarity also affects the ideal time of day to catch the feisty game fish. "Fish in clear-water lakes are prone to being more active early in late- to low-light hours: early morning, late evening, and on overcast or windy days," Al says. "Go to dark, dirty water and it all changes—a lot! The fish are active generally in the middle of the day, and night fishing is poor. You can use heavier lines and much bigger lure."

The magic lure—a fisherman's dream—will remain an illusion. "There's no such thing as a magic lure, nor will there ever be," Al confirms. "Your spinner baits are the closest thing to a universal largemouth-bass lure. It'll catch largemouth bass all year long."

Al warns: "Nothing in fishing is 100 percent. The tips I'm mentioning here might nudge the odds to about 70 percent in your favor. And with those kinds of odds, you know you're fishing right."

But the element that separates the good fisherman from the rest has nothing to do with the environment or the fish: "Confidence makes things happen on a lake for you," Al Lindner believes. "It's the strongest lure in your tackle box. The unfortunate fact is that probably 95 percent of the fishermen don't really understand it. Confidence is the missing link. It determines the difference between a good fisherman and a great fisherman."

Smallmouth Bass

If you're fishing to pick a fight, hook a smallmouth bass and you've got a big one on your hands. This spunky relative of the largemouth packs a wallop in the water.

No stranger to the smallmouth challenge, Billy Westmorland, the featured host of the popular outdoor fishing program "Billy Westmor-

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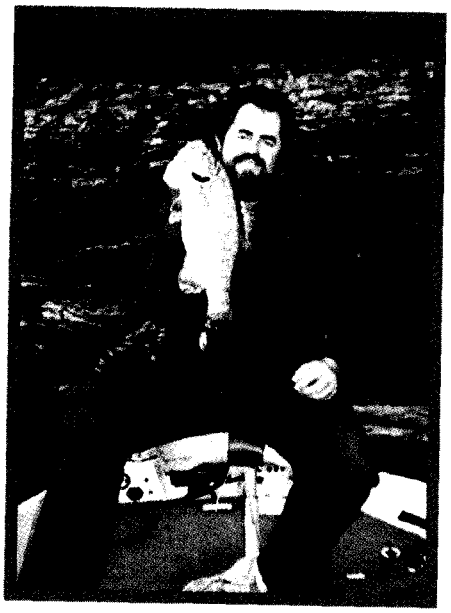


When Billy Westmorland challenges a smallmouth bass, it usually ends up on the dinner table at his home on Smallmouth Road.

land's Diary," has earned a reputation as one of the country's leading stringers of the species. "Smallmouth bass sure are one of the hardiest fighters," the avid sportsman says.

Although some states have better fishing than others, smallmouths are largely accessible throughout the United States. "The smallmouth bass can be found in northern Alabama and throughout the central U.S., as far west as Missouri and north to Canada," Billy says. "Some states have better fishing as far as quantity of the catch goes, while other states produce larger-size fish.

"The best smallmouth lakes are clear and deep," he says. "When fishing for smallmouth, use small lines, small lures, and lightweight rods and reels."

For a fisherman, the best time to fish is all the time. Billy thinks the seasons do make a difference, though. "Springtime in the Kentucky, Tennessee, and Alabama regions, between April and May, is the ideal season, because the fish are spawning. In the northern states, the species spawns in May, June, and July." He looks forward, however, to old man winter in Tennessee, his home state: "We can fish here in winter months because there is no ice on the lakes," the angler says. "They're not as crowded, and the water temperature stays in the 47-to-69-degree range for several weeks, from November through January.

"The fish will strike better when the water temperature is in the mid-50s to upper 60s," Billy says.

Location is also important. "Smallmouth normally will be in deeper water than their cousins, the largemouth," Billy says. "They prefer rocky shorelines and rocky points where crawfish are present."

Choose any bait small in size, such as crayfish, small minnows, and small eels. If you're using artificial tackle, pick lures that simulate crayfish, he says.

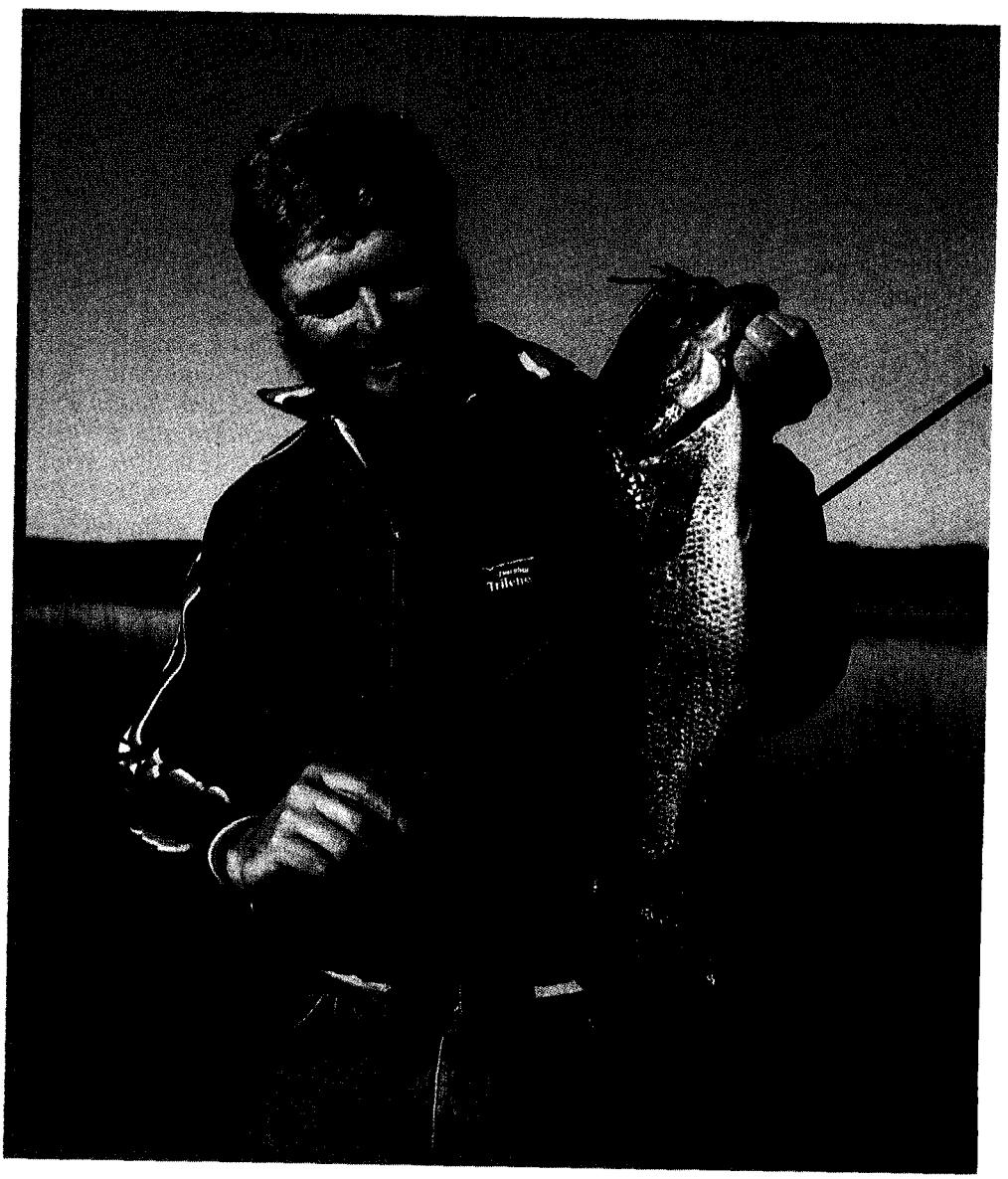
Catching a smallmouth takes skill, but for many an angler like Billy Westmorland, the knockdown fight is just plain fun.

Walleye

Ask Babe Winkelman what his favorite fish is and he's likely to reply, "Whatever I have on the end of my line." But the author, educator, and star of the television program "Good Fishin' " has a special spot in his heart for walleyes. "Attribute that to my upbringing," Babe says. "I grew up in the upper Midwest, where the walleye has always reigned as the No. 1 game fish."

Elusive and unpredictable, walleyes were once found only in the triangular area extending across Canada and south to Alabama. But thanks to widespread stocking, they are now found in almost every state and province.

What is it about walleyes that garners so much enthusiasm? Fishing for them is not nearly so action packed as some other types of fishing. The walleye, not a spectacular fighter, doesn't perform the acrobatics of a large-



Al Lindner's "In-Fisherman" TV specials are a spawning ground for fishing tips. One of the best tips: Confidence is the difference between a good fisherman and a great one.

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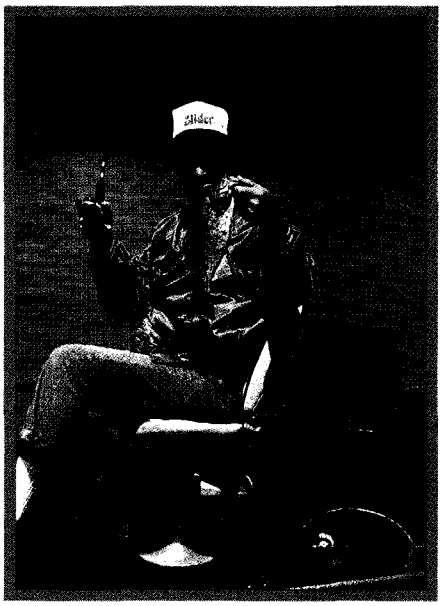
mouth bass or match the brute force of a fighting musky, or muskellunge.

"One obvious reason is the eating quality," Babe quickly points out. "Anyone who's ever enjoyed a shore lunch of fresh walleyes and tasted the delicious, flaky white meat knows the walleye takes a back seat to no fish as a taste delight."

For Babe, however, there's more to it than taste. "Walleyes offer the ultimate challenge," the author admits. "The walleye has a unique personality among fishes. He's a cool, calculating critter who defies the angler to outwit him on his own terms. He can't be provoked—he must be outsmarted. He's not a glutton—he's a connoisseur. Seducing a walleye doesn't require brawn. . .it takes patience and skill."

Although there's no way to condense the copious amount of research in his books and lectures, Babe offers some invaluable guidelines: "At night the big female walleyes will feed on perch until the perch are finished spawning. When the perch dissipate and spread throughout the lake, the walleye will also leave the shallows, spreading throughout the lake, looking for other forage to capitalize on."

If the year-round crappie is "King of Panfish," the "King of Crappies" could well be the expert angler Steve McCadams.



Knowing how to read the food base on a lake or reservoir is one of the vital steps in landing the "keepers."

As Babe explains, the season dictates the movements of the walleye's food source: "In late May and June, larvae attract minnows, and when the larvae start turning into flies, more minnows congregate. Consequently, big fish congregate there. But as summer rolls around, bait fish hatched in the spring have grown large enough to catch the walleye's attention. So the fish spend more of their time in deeper water, where temperatures are cooler and light levels more to their liking."

Walleyes have extremely light-sensitive eyes. As a rule, Babe advises, the best walleye-fishing occurs during the early morning and late afternoon, and at night.

Stacking the odds in your favor always includes doing a little homework. When fishing a strange lake, contact several people in the region. "First, see a conservation officer. Talk to the owner of a bait shop," Babe coaches. "He talks to dozens of fishermen every day, and every one knows where to catch a bunch of fish. But play your cards right. If you had a lake that was producing some nice fish, would you send hundreds of tourists out to ruin the fishing? Talk as intelligently as possible, letting him realize that you are conservation conscious. If he suspects you're a skilled fisherman and care about nature, he might just take you under his wing."

Check out the weather conditions, he says. Cloudy or rainy weather usually spells good walleye fishing, but thunderstorms will send the walleye to hide in the weeds or to move into deeper waters. A good, long storm can keep the fish from biting for two to three days.

Overlooking the schooling tendencies of walleyes can result in very serious fishing errors. "Walleyes are curious. When one walleye hits the bait, the others out of a school are likely to follow, hoping to pick up some scraps," Babe says.

Once you find the fish, the presentation is the key to angling success. "There is no one lure that catches fish all the time," he emphasizes. "The keys to successful fishing are first, being versatile enough to experiment with different families of baits, and second, to have confidence that what you're fishing will produce. One without the other is worthless."

How to know which lure is catching the fish? "The best way I know to build confidence is from hands-on fishing—and catching—experience," Babe relates. "Maybe you're pretty accomplished with a Lindy rig, but haven't experienced much success with a jig. The next time you get into a good bit, cut off that rig, and try a jig. After catching a few fish, you'll learn what it feels like when a walleye picks up a jig. You'll discover when and how to set the hook.

"My credo has always been, 'Ask the fish what they want on a particular day.' If the fish are not responding to the bait, try something else. It's what the fish want that's important. Patience and skill—these are the keys to tackling the walleye.

"There's an awful lot to fishing, in general," Babe concludes. "It's simple and yet complicated. It's an absolute science and a learned science. It's not something you're born good at; it's something that you can learn to be good at. Anyone can. That's the one thing that's great about the sport of fishing.

"Hey, besides that," Babe says with a smile, "you can have an absolute blast at it, no matter what the fish are doing."

Crappie

If you bump into Steve McCadams, you're probably on Tennessee's Kentucky Lake. Steve spends at least 240 days a year fishing for his piscatory partners. The rest of the year he

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The Post Reader Service Center

Celebrations galore! Ellis Island is the headline for July, but we have a few places that offer excitement, relaxation, and new adventures. Check it out, send in your card, join the celebrations wherever they are. Don't wait—order your information and let the party begin.

Missouri is a summer festival. From the state fair in Sedalia to ethnic festivals and county fairs, every day is a celebration in Missouri. Send for your free, 116-page travel guide and money-saving/fun-money coupons. Make this your year to "Wake Up to Missouri." Circle.....1

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Money Talk

continued from page 22

As an investment, a swimming pool does not add much to the market price of a house in one of the cooler regions of the country. Many people worry about the time and trouble it takes to maintain a pool, as well as about the potential danger to children. Even in warm areas, recovering your outlay is uncertain.

If you make big, important improvements that add to the value of your house, you can subtract the costs from your profit when you sell your house. That will cut your tax bill. Beware, though: Ordinary home repairs and replacements do not qualify.

Raising Capital for Home Improvements

This year alone, Americans will spend more than $40 billion on major home improvements and additions. How will they raise all that money? They will *borrow* it.

Your best deal when seeking money for a major home-improvement project is to borrow from your company profitsharing plan or against the cash value of your whole-life insurance policy. You will pay below-market interest rates, and you will not be hit with rather hefty loan-origination fees. If you cannot tap these sources, you can apply for a variety of loans offered by banks, credit unions, and finance companies. Interest rates are lowest at credit unions, higher at banks, and highest at finance outfits.

Most homeowners finance their remodeling projects by taking out a second mortgage on top of the one they already have. You can borrow up to 80 percent of the appraised value of your house—minus the unpaid balance on your first mortgage. Bankers charge one to two percentage points more for second mortgages than for first mortgages, and you can repay over 30 years. As with any loan secured by real estate, you must pay closing costs—usually several hundred dollars.

You might do better financing your improvement if you paid off your first mortgage and took out a new, larger loan. This is known as refinancing. It makes the most sense if you bought your house between 1979

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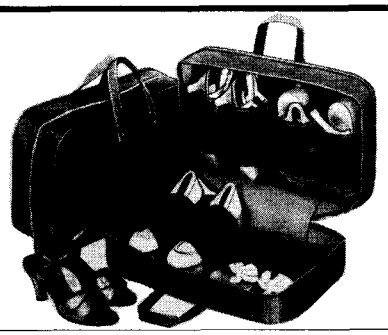

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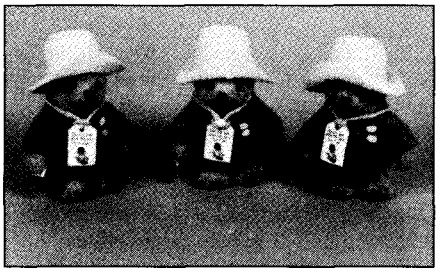

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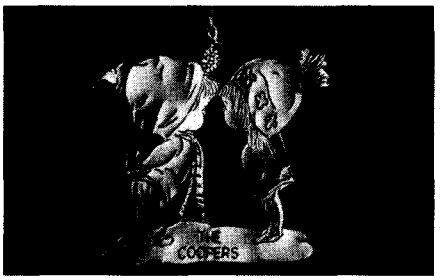

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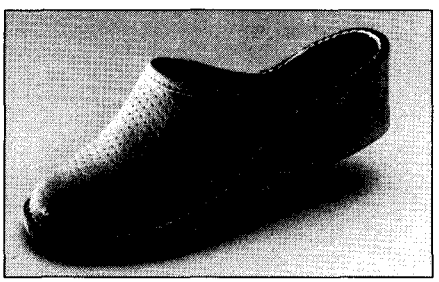

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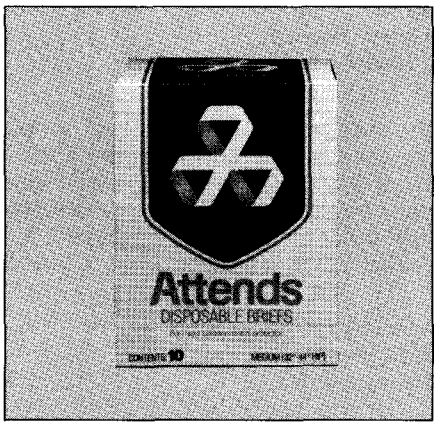

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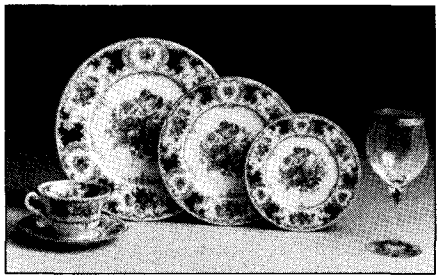

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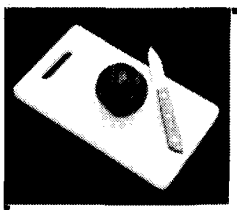

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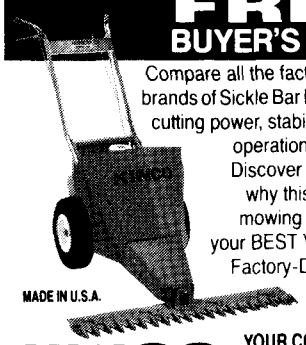

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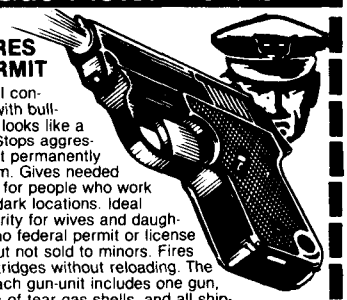

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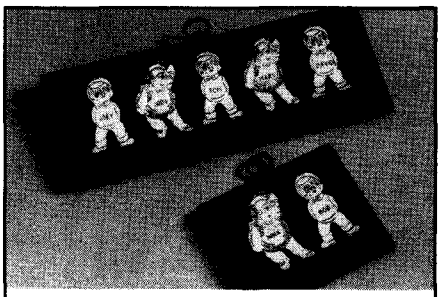

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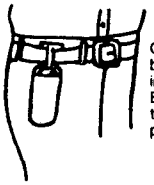

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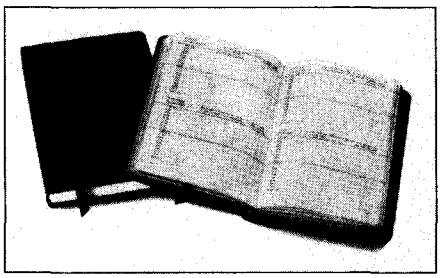

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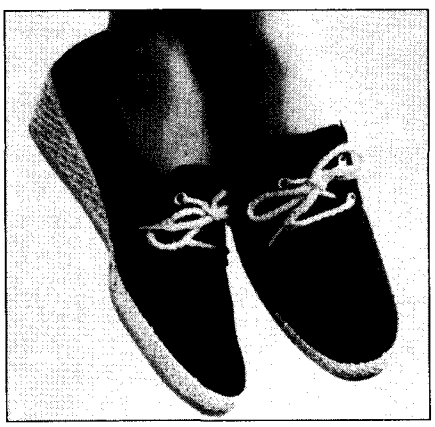

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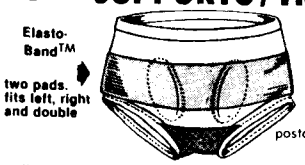

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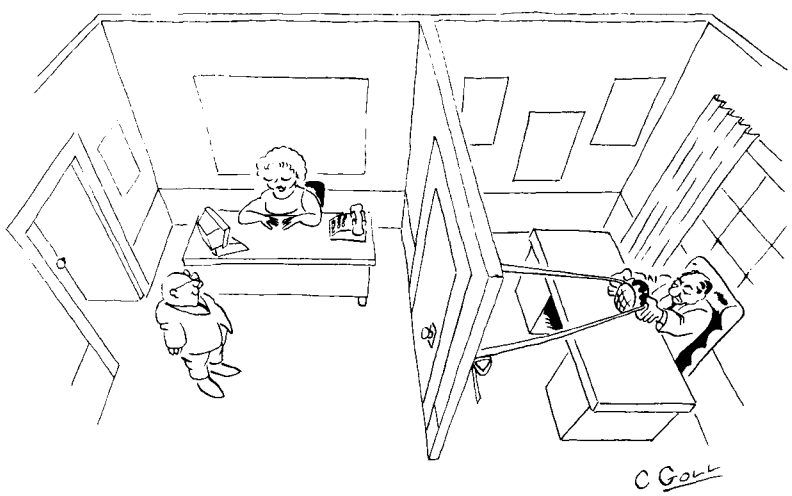

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Money Talk

continued from page 73

and 1982, when interest rates were at nosebleed levels. You will face stiff closing costs and possibly a prepayment penalty of up to six months' interest for paying off your first mortgage early. But refinancing will be worth it if it lowers your interest rate three percentage points or so.

Many affluent borrowers are using home-equity lines of credit to pay for home renovations. You can get these loans from brokerage firms as well as from banks, savings-and-loan associations, and some credit unions. You open a line of credit equal to 75 to 80 percent of the appraised value of your house, minus the unpaid portion of the mortgage principal. Then you simply write your own loans by writing out checks as you need the money. The interest rate is adjustable, varying monthly with whatever index the loan is tied to. But you do not pay any interest until you actually borrow the money, and then only on the amount you borrow. You will have to pay closing costs, but you can use the borrowed money for any purpose—not just for remodeling.

Fleas

continued from page 21

normal keratinization of the skin with involvement of the sebaceous glands surrounding the hair follicles. This predisposition leads to hair loss throughout the back area. There is no cure, so control of the condition is the object of treatment.

Keratolytic shampoos containing tar, sulfur, and salicylic acid should be used as needed. These shampoos can be obtained from your veterinarian or from a pharmacy. You might try several brands and select the one that seems most effective. After shampooing, lubricate the dog with a soothing bath oil such as Alpha Keri Bath Oil, followed by a water rinse.

Benzoyl-peroxide cleansers and gels used on affected areas may also provide some relief for your dog.

H.E.W.

Send your questions for the vet to: Vets on Pets, *The Saturday Evening Post*, 1100 Waterway Blvd., Indianapolis, IN 46202. Because of the volume of response, the editors regret we cannot reply personally to all letters.

Killing the Future

continued from page 16

tants as the Revs. Billy Graham, Norman Vincent Peale, Oral Roberts, or Jerry Falwell. "Even more important," Vitz said, "was the omission in all these texts of the essential fact that America is an intensely religious nation—by far the most religious country in the Western world. This enormous religious energy, routinely commented upon by acute foreign observers, was never mentioned." The study also found a "pronounced liberal bias" in the treatment of U.S. history since World War II.

In looking at family values in social-studies texts, Vitz found no mention of marriage as the foundation of the family. The words "marriage," "wedding," "husband," "wife," "homemaker," and "housewife" did not appear at all in the texts. Nor, he said, did any of the representations of the family even suggest that the role of a mother or a homemaker can be worthy, dignified, and important.

Of the 670 stories and articles he analyzed from widely used books for teaching reading in grades three and six, none had a central religious or spiritual theme.

Furthermore, American business life was ignored. No story featured an immigrant who made good in America in business or a profession. Only five articles bore a patriotic theme, and all of those dealt with the War of Independence.

What can we say? Reichley's conclusion is that secular value systems are simply unable to hold our heterogeneous society together, and that religion is central to the well-being of the nation.

Then what in the world are we doing to our children and to the future? Action to save the educational process—and ultimately to save the country—is far overdue. Parents must get back into the system: Responsibility for the education of children rests with them, regardless of what some professionals might say. Parents must take strong and immediate steps to guarantee that their children are taught the truth and not simply the bias of some textbook writer.

Do you know what your children and grandchildren are being taught? Do you care?

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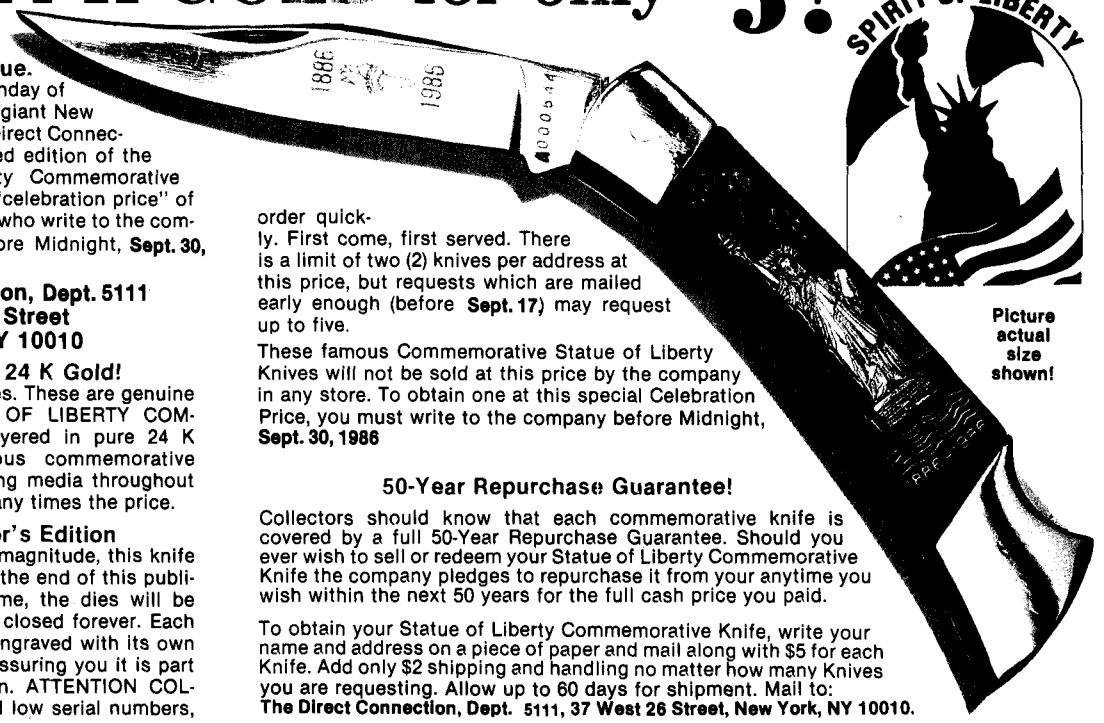

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Pa kept pulling up stakes; ma finally said, "No more." The result: a heartwarming Midwest legacy.

ravel agents may be perplexed by routing their customers to destinations in Pepin, Wisconsin (site of *Little House in the Big Woods*), Burr Oak, Iowa (where Laura Ingalls' family ran a hotel), Walnut Grove, Minnesota (*On the Banks of Plum Creek*), De Smet, South Dakota (*Little Town on the Prairie*), Independence, Kansas (*Little House on the Prairie*), and Mansfield, Missouri (last home for Laura Ingalls Wilder and her husband, Almanzo). The out-of-the-way destinations have not stopped aficionados of the "Little House" saga from finding their way to the settings of the stories, however. Readers know the spots intimately anyway; Laura's descriptive, detailed prose is the best travel guide, and readers often arrive at the sites bearing dog-eared copies of her series.

In tracing the Ingalls' trail on modern highways, many of today's pioneers begin at Lake Pepin, Wisconsin, where Laura's pa started his girls on a nomadic hunt for just the right homestead. Lake Pepin is at a widening of the Mississippi; its beauty impressed Mark Twain when he beheld it and tongue-tied young Laura when she first saw it on a trip to town.

Her beginnings had been big-woods ones. Wilder's 1867 birthplace, a tiny cabin seven miles from the village of Pepin, was isolated by forests, now much depleted. The cabin became the setting for her first book. When eager readers started arriving in Pepin to see the site, the locals were embarrassed to say they didn't know where it was. As a Bicentennial project, Pepin folks determined the site of the original Ingalls land and built a replica of Laura's birthplace. Visitors' facilities, interpretative displays, and a marker complete the park.

From Pepin, the next "Little House" site is not far. Crossing the Mississippi and heading west, the Ingalls family traveled to Kansas and Minnesota in the early 1870s; a grasshopper plague drove them "back east" in 1876. This lean period led them to northeast Iowa, just 80 miles south of Pepin.

Because she did not chronicle it, Laura's connection with Burr Oak was forgotten until rediscovered in the 1960s. Some of Burr Oak's 100 residents, bolstered by fans from nearby Decorah, raised the money to purchase and restore, as a museum, the long-abandoned Masters Hotel, which Pa Ingalls helped operate. Travelers can't sleep there; they only fill it daytimes to discover more about the Ingalls family's stay. The closest overnight accommodations for Burr Oak visitors are at Decorah, but campers and picnickers can make themselves welcome in the park that adjoins the Masters Hotel.

Burr Oak is just a sneeze from the Minnesota border; along Highway 14, in the western part of that state, Wilder fans can again take in deep draughts of the "Little House" past. The town of Walnut Grove was never mentioned in *On the Banks of Plum Creek*; it was simply "town." But when NBC's "Little House on the Prairie" debuted, Walnut Grove's name was broadcast world-wide. Thousands of fans now descend on the prairie town yearly.

Walnut Grove's Ingalls connection is centered almost solely on the

The tiny Surveyors' House loomed large to 12-year-old Laura Ingalls. Miles from any neighbors, the Ingalls family shivered through the winter of 1879-80 here.

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farm of Harold and Della Gordon, bought by the couple in the 1940s. They had no idea they were buying hallowed ground until Ingalls buffs began asking to see Plum Creek, "the big rock," and the dugout Laura Wilder made famous in her book. The genial Gordons coped with the traffic onslaught for years, until one Sunday Della found in her bedroom enthusiastic tourists, who assumed the Ingallses once slept there. The Gordons appealed for help from Walnut Grove, and a museum committee was hastily formed.

A vintage railroad depot now serves as Walnut Grove's museum and visitors' center. Period tools, artifacts, and Walnut Grove memorabilia greet visitors; a quilt sewn by Laura occupies a place of honor. Guides at the Wilder museum are enthusiastic about Walnut Grove's major summer project, "Fragments of a Dream," a pageant depicting the lives of the Ingalls family through the eyes of Laura's mother, Caroline. Each July, more than 100 Walnut Grove residents grow beards and don period costumes to portray the story of going West and settling the new land. The natural amphitheater couldn't be better: A portion of Plum Creek flows near the stage sets, a real dugout is used, and a sensitive script captures all the qualities of the Wilder prose style.

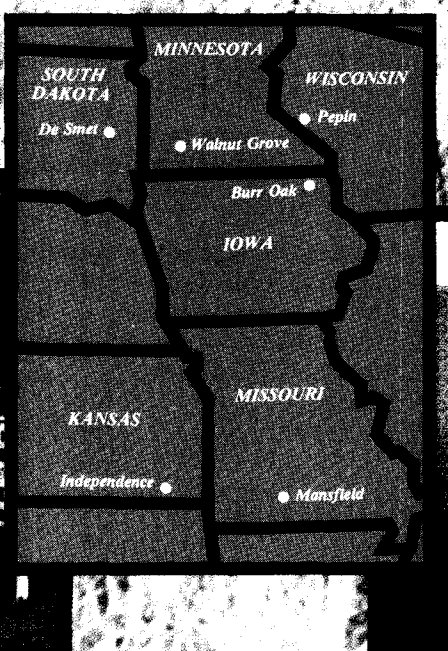
If "Little House" travelers get to Walnut Grove, they invariably go the next 100 miles straight west on Highway 14 to De Smet, South Dakota. De Smet was Laura's "little town on the prairie," where her father moved the family in 1879 and finally accepted his wife's "no farther" edict. The final home of the Ingalls family and the setting for the last five "Little House" books, De Smet is filled with reminders of the past.

Guides in outfits resembling Laura's 1880s clothing styles explain the homey contents of the oldest and the smallest of the town's two Ingalls houses: the 107-year-old Surveyors' House. Familiar with the book *By the Shores of Silver Lake*, tour groups nod and murmur in agreement as guides explain that Pa Ingalls was allowed to use this house for his family in exchange for guarding railroad property during the winter of 1879-80. Twelve-year-old Laura's opinion of the Surveyors' House as spacious puzzles tourists who crowd into the three tiny rooms. *The Long Winter* relates how haysticks like those nearby fended off winter temperatures for the family of six, huddled within the thin walls.

From the Surveyors' House, visitors follow a map leading first to a replica of the school where Laura taught at age 15 and then to a later country schoolhouse. The tour leads past the sites, familiar from *Little Town on the Prairie*, of store buildings on Main Street, the original school building, and the Congregational Church building Pa Ingalls helped construct.

The two-story house along Third Street, journey's end for the Ingalls family, was built by pa in 1887 and was their home until 1928. Guides are on duty, but most visitors spend hours exploring the eight narrow rooms of the restored home them-

Laura Ingalls Wilder lived mostly in the upper Midwest as a girl, then settled in Missouri with her husband, Almanzo.



The interior of the Third Street house, the Ingallses' second residence in De Smet, shows off the family's increasing prosperity. The house is brimful of choice relics.

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selves. In the kitchen, tall cupboards attest to pa's carpentry skill, and the parlor, full of wallpaper, velvet plush, and lace curtains, suggests a decidedly stylish mode of living after the family's move to town. A special exhibit notes the career of Laura's daughter, the journalist and novelist Rose Wilder Lane, a steady *Saturday Evening Post* contributor during the 1930s.

In the nearby countryside, De Smet visitors find the homestead sites of pa and ma, as well as of Laura and her husband, Almanzo Wilder. Cottonwood trees planted by pa on his land in 1880 still cast shadows on the unplowed prairie land. Memorial markers at both sites relate the history of the homesteaders. A mile away, overlooking the panorama of prairie and silvery slough lakes, is the hilltop De Smet cemetery. There lie buried pa, ma, Laura's sisters, Mary, Carrie, Grace, and an infant son of Laura's. Other grave sites read like a *Who's Who* from the Wilder writings.

The peak of De Smet's summer comes during the last weekend of June and the first two weekends of July, when the Laura Ingalls Wilder pageant is performed at sunset, at a site in view of the Ingalls homestead.

The Wilder trail next turns south, as it did for Laura, Almanzo, and their daughter, Rose, in 1894. The Wilders left drought-drained Dakota, as told in *On the Way Home*, and sought a new start in Ozark country. They settled just outside Mansfield, Missouri, along Highway 60. Rocky Ridge Farm became the home and writing place of Laura Ingalls Wilder for 60 years. There, she and Almanzo farmed, raised cattle and poultry, and eventually spun out their memories for the "Little House" books. Almanzo died there in 1949 at age 92; Laura lived on the farm until her 1957 death at age 90.

The Laura Ingalls Wilder Home Association maintains the white farmhouse and the nearby museum, open for tours daily, except Sundays, from spring to fall.

Huge beams across the parlor ceiling, oak paneling on the walls, and a big rock fireplace remain as they were in 1912. In an alcove is Laura's library; large windows look out on the wooded ravine and the yard. The writer's sunny study displays her writing desk and the straight chair she used while penciling her books, which she began at age 65.

Frequent cries of "There's pa's fiddle!" ring out in the museum; the honey-brown violin that accompanied the Ingalls' journeys and sang through Laura's books is one of the museum's main attractions. A separate wing pays tribute to Rose Wilder Lane and her career.

Over the hills, a mile away in Mansfield, vacationers seek out the Laura Ingalls Wilder Library and the cemetery where Laura, Almanzo, and Rose (who died in 1968) are buried. During the fall-foliage season, Mansfield celebrates "Wilder Days."

Two hundred miles west of Mansfield is the site of one of Laura's earliest memories, the log-cabin locale of *Little House on the Prairie*. When Pa Ingalls first took his family West, it was to Osage Indian country, near present-day Independence, Kansas. Though this adventure became one of her best-loved books, finding the site of the cabin demanded major detective work. Pa never filed on his land; by using an 1870 census listing the Ingalls family, a few careful hunches, and much surrounding documentation, an Independence bookseller was able to locate the "Little House" site. An ancient hand-dug well (described in the book) and cabin foundations pinpointed the spot. By following U.S. 75, 13 miles south of Independence, fans find a faithful duplicate of the cabin.

"Now is now; it can never be a long time ago," mused six-year-old Laura Ingalls as she listened to her pa fiddling in the firelight. More than a century separates the Ingalls family from today's families. But thanks to those penciled memories and the dedication of Laura's "Little House" towns, "a long time ago" can be experienced once again.

About the author: William Anderson helped in the restoration of the Ingalls homes in De Smet and wrote a series of six biographical books on the Ingalls family. He is currently preparing *The Little House Sampler* and *Pioneer Girl*.

Heli-Hiking The Canadian Rockies

Heli-hiking is mountain climbing made easy: It doesn't demand anywhere near the amount of time or physical exertion that traditional hiking does. A chopper takes customers quickly from a luxurious lodge to a remote mountain peak to a meadow filled with wild flowers. Best of all, there are no blisters, no sore feet.

This Canadian adventure is unique. You can spend as few as two days or as many as five 'coptering over alpine lakes and giant glacial formations. The helicopter trips are offered in conjunction with tours of the Canadian Rockies that use a traditional motor coach to visit Banff Springs, Lake Louise, and Jasper National Park. The helicopters fly from lodges so remote it takes a chopper ride to even reach them.

But beautiful landmarks are only a prelude to the main event. It's quite a change to see the tall mountains, not from the road but from the top, looking down. Suddenly, you're flying with eagles.

The first thing a heli-hiker learns is the heli-huddle (sometimes also referred to as the heli-cuddle). Crouched with eyes downward, your group assembles close together as the helicopter lands a few yards away. You climb onto a bench seat in the chopper, then you're whisked away.

Even boarding requires little physical agility. In fact, some of the passengers have "huddled" in wheelchairs, then been lifted aboard.

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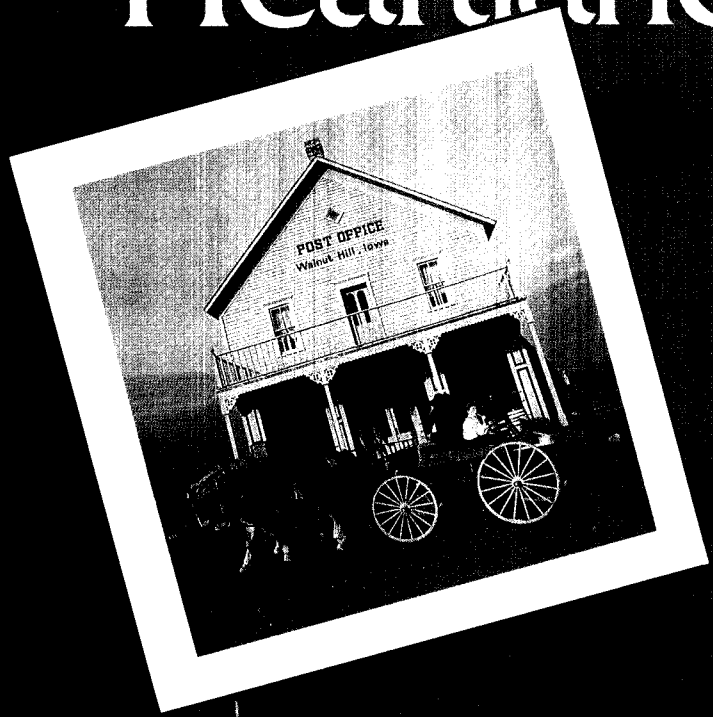
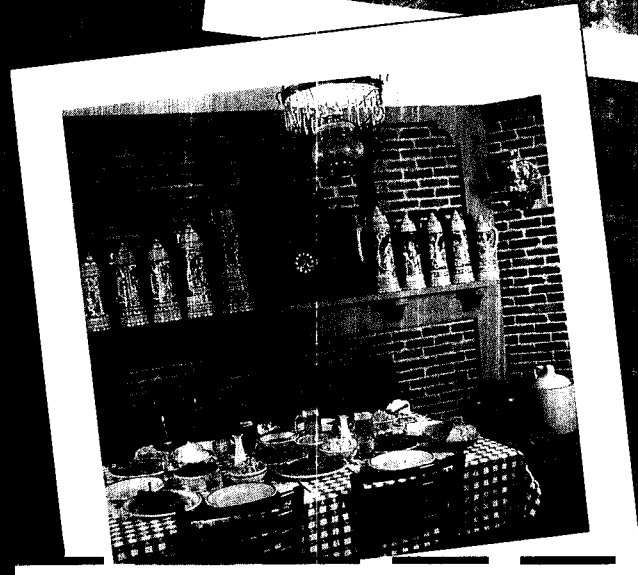
Come Explore the Heartland...Iowa!





Iowa — the land between two rivers — is a land of diversity. Here, you'll savor the delicacies of different ethnic cultures . . . experience the charm of yesteryear. From rolling prairies and scenic valleys to steep, rocky bluffs and sparkling blue water lakes, Iowa has it all!

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P.O. Box 6127
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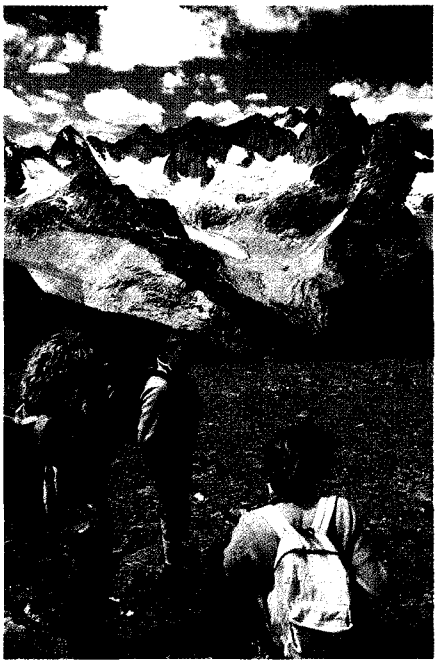

No more mountains are left to climb for the heli-hikers, who can snap away at scenes hitherto reserved for the intrepid.

Perhaps the most scenic lodge is the Bugaboos Lodge, located at the foot of the great Marmolata Spire and the Bugaboo Glacier. It's quite a sight to rise each day and see a glacier shining in the early-morning sun.

All the lodges feature a family-style dining room, a full-service bar, a jacuzzi and sauna, and a small shop for film and other supplies. There is no radio or TV. The only contact with the outside world is by radio-telephone.

Heli-hikers are provided with hiking boots, parkas, and rain pants. Because the weather is changeable, a large, heavy-duty Tauck knapsack is also provided. Cool mornings typically turn into warm days, so it's not uncommon to shed clothing and to stuff it into the knapsack as the day progresses.

Upon arrival at the lodge, avid hikers are placed in one group, slow-moving photographers in another, and nature enthusiasts in a third. How much to move about after landing is totally up to the individual. (People have been known simply to sit on the rocks and soak in the view until the helicopter returns two hours later.) Each group's guide carries a radio for contact with the helicopter.

The terrain is amazingly varied. Flights typically last only five to ten minutes as the copters go from lofty peaks to flower-filled valleys to high mountain ridges. After the chopper departs, all the natural sounds return: the breeze keening through the crags, the cry of an eagle, the rush of glacier-fed streams.

The views from the summits are spectacular, but probably nothing compares to walking on an actual glacier. The glaciers here are remnants of the last ice age, though their individual ice particles are "only" an estimated 600 years old. Like slow-motion streams, the glaciers are continually moving and, during summers, melting. The glaciers are supposedly receding by as much as 25 to 75 feet every year; even so, you'll still be standing on ice packs as much as 150 to 200 feet deep.

Surprisingly, it's no colder standing on a glacier than on normal ground. In fact, depending on the wind, you could even find yourself walking around the ice without a jacket. But both on the ice and elsewhere, dark sunglasses and sun screen are essential because of the tremendous glare.

You'll make up to four different drops each day. The midday meal is served near one of several small lakes. But beware the tendency to eat too much. Otherwise, you'll feel like napping the rest of the afternoon, and the scenery is much too good for that.

—M. Timothy O'Keefe

Vancouver, B.C.

Vancouver, Canada's largest port, third largest city, and home to half of British Columbia's population, celebrates its 100th anniversary this year with a 165-day birthday bash, EXPO 86, from May 2 to October 13. Vancouver is Canada's city with everything: a big-bay setting backed by snowcapped mountains, mild West Coast weather, acres of parks and beaches, and 3,974-foot Grouse Mountain ski resort just minutes from the center of town.

Stanley Park, one of Vancouver's 157 parks, is within walking distance of downtown. Here are 1,000 acres of natural woodland trails, trees 200 feet tall and 800 years old, several large, vividly painted Indian totem poles etched with thunderbirds and grizzly bears, and an eight-mile oceanfront road offering glorious views of bays and mountains. Vancouver Aquarium in Stanley Park is Canada's largest—more than 8,000 sea animals.

Vancouver's arts and industry coexist on Granville Island's 37 acres. Urban renewal turned this once rat-infested smear into artists' shops and studios, three theaters, restaurants, canoe and kayak rental centers, and an agency that handles whale watching and ballooning. Travelers should tour the Granville Island brewery— its Island Lager is British Columbia's best brew. Watch printmakers, glass blowers, potters, and goldsmiths at work. Try cappuccino with almond syrup at the Blue Parrot bar.

Granville's outdoor, covered produce market features hand-dipped chocolates, fresh-squeezed honeydew juice, salmon packed to go, homemade pasta, and breads and doughnuts. Pack a lunch here for a picnic at nearby Kitsilano Beach.

The interesting Robson Street is sometimes called *Robsonstrasse* because of its German merchants and restaurants. One delicatessen has 70 varieties of sausage. Robson Street is a neighborhood of cheese, sausage, and pastry shops, and boutiques and family businesses.

Beautiful Vancouver is full of extra attractions for EXPO visitors.

—Carolyn Hughes Crowley

The Vancouver skyline: Mountains and skyscrapers pose with the Expo Centre of EXPO 86.

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NORMAN ROCKWELL'S AMERICAN FAMILY

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A Norman Rockwell print is FREE at all American Savings branches while supply lasts.

More than a quarter of a century before Norman Rockwell sold his first illustration to the Saturday Evening Post, American Savings opened its first family savings account.

Now, more than 100 years after the American Savings family began serving families like yours, we are proud to salute the artist who portrayed the American family the way it was for so much of our first century of service.

Every American Savings office throughout California will be offering FREE, full-color, 11″ x 14″ collector's edition prints of some of Rockwell's most famous paintings.

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We know you'll enjoy these prints because they are so reminiscent of the family photos carefully contained in all of our family albums.

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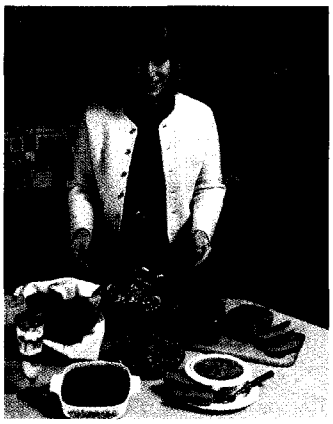
Your Society's Quest for Better Health



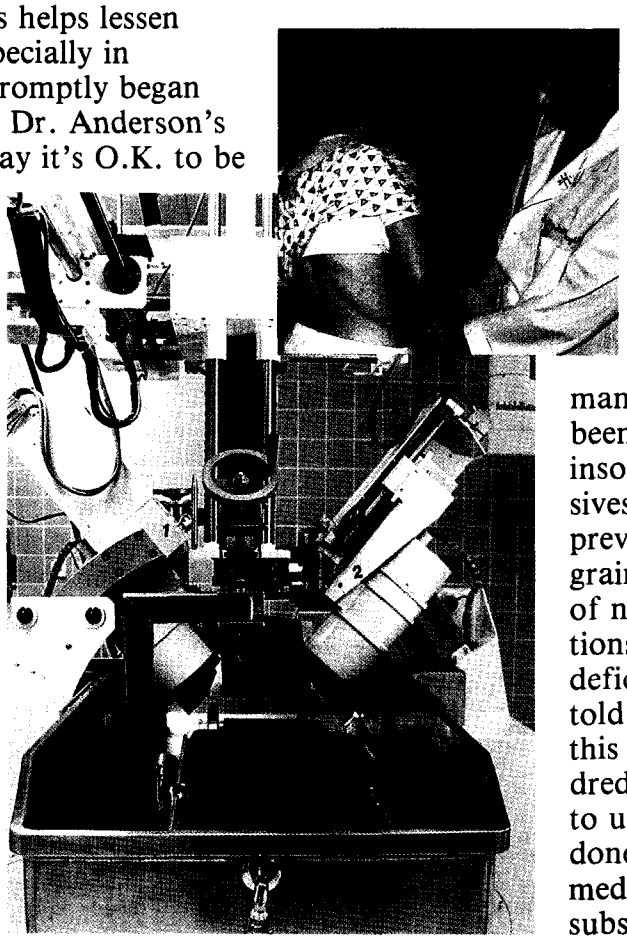
Your Society has introduced many people to the use of wheat bran and its valuable insoluble fiber for lessening the risk of colon cancer, and for the prevention of diverticulitis, constipation, and any number of other afflictions. Other members have been persuaded to use oat bran for lowering the dangerous LDL cholesterol, which so often portends a heart attack. When we first met Dr. James Anderson some 15 years ago, he convinced us that the *soluble* fiber in oats and beans helps lessen diabetics' need for insulin, especially in maturity-onset diabetes. We promptly began telling Society members about Dr. Anderson's heart and diabetes diets. We say it's O.K. to be a "cookie pusher" if you use Dr. Anderson's oat-bran cookie recipe.

Your Society found Dr. Christian Chaussy in Munich, Germany, just after the 13th kidney-stone patient had experienced the smashing success of his amazing lithotripter for pulverizing kidney stones. You and your Society helped to bring Dr. Chaussy to the United States and the star-wars equipment to Indianapolis, and hastened to tell the world that this knifeless procedure is a marvelous new way to be relieved of the excruciating pain of a kidney stone. The Kidney Stone Formers Club was thus born.

With your support the Society has formed a rapidly growing Colitis Club, whose members report help from the diet recommended for relief of their irritable bowel problems.

Your Society and your money went to Ethiopia with the high-lysine corn, to bring the concept of providing more of this essential amino acid for the prevention of kwashiorkor in African toddlers. To Ethiopia and Zimbabwe we sent hybrid high-lysine seed corn and videotape instructions about why and how to plant it.

Your Society is campaigning to snuff out snuff, to restrict smoking to its proper place on the city dump, to exchange fiber for fat in the American diet, and the biggie: to stalk cancer to its cell, or cells, and to deal it its own lethal blow.



Your Society went to Africa, where we discovered a slow-release, magnesium-chloride supplement called Slow-Mag, developed by Dr. Will Davis and a pharmacist, Alister Warren. There we interviewed many physicians who had been using this product for insomniacs, mild hypertensives, pregnant women (to prevent eclampsia), migraine sufferers, and victims of numerous other afflictions caused by magnesium deficiencies. Since we have told our membership about this harmless mineral, hundreds of you have reported to us that you have abandoned your potent sleeping medication for this innocent substance. We believe this

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Together we have made a difference. Your continued support will enable us to explore more ways in which to relieve humanity of painful afflictions and premature deaths.

versatile natural substance deserves much more serious research, and we hope that soon thousands of people will help us shed light on its potential. Since people who can't sleep are known to resort to such risky things as tranquilizers and alcohol, we like the idea of substituting a harmless mineral, if it works.

Right now the most interesting research we've seen that needs further investigation is a report from Denmark that disclosed far fewer deaths in heart-attack victims who were given magnesium-chloride injections, as opposed to a similar group of victims who were given placebos immediately following their heart attacks. The researchers' findings suggest that patients with suspected acute myocardial infarctions should immediately be treated with magnesium to avoid further heart attacks. Because magnesium is inexpensive and easy to administer, and appears to be without serious side effects, we hope this Danish experiment can be repeated in emergency and cardiac-intensive-care units in this country.

Your Society has made great strides in the past, but the future rests upon the support of generous volunteers such as you. Your help will enable us to extend our cancer-prevention research that daily is widening our knowledge and will, we hope, help lead to the day when this menace to life joins the bubonic plague and the Black Death epidemics as nothing more than footnotes in medical history.

If you can send a tax-deductible contribution, we'll send you a sample bottle of Slow-Mag to show our appreciation. Please know that every penny will be used for practical research and cancer prevention. Our gift to you is for your good health. Your gift to the Society helps others as well.

The Saturday Evening Post Society

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☐ **cancer prevention** ☐ **heart disease** ☐ **other**

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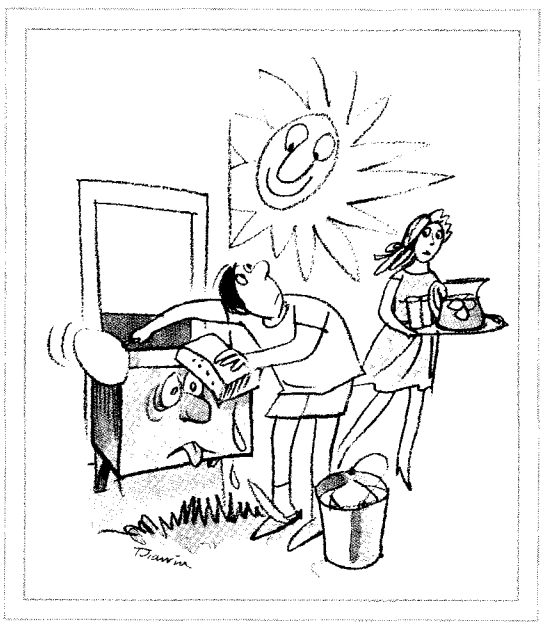
TAKE THE HEAT OFF YOUR AIR CONDITIONER

If the high cost of keeping cool makes you hot under the collar, try these tips for reducing summer electric bills.

by Jack Hayes

A large Texas-based heating and air-conditioning contractor tells it like it is: "Most people use an air conditioner like they do an automobile," he says. "They don't worry about efficiency. They just pay the fuel bill and run the darned thing until it quits. Then they call the serviceman."

Few of the 50 million U.S. owners of air conditioning understand how air conditioners work. Most of us set thermostats too low and forget to change filters. We stack lawn furniture on the outside condenser housings and let grass clippings clog the coils. Most important, we fail to have the systems checked professionally at least once a year. As a result, we waste millions of energy dollars every summer.



If a home is not constructed properly, a homeowner can do little to improve efficiency. But plenty can be done about maintenance: Take thermostats, for example. Few homeowners understand why the summer thermostat should never be set lower than 75° F. Georgia Power's Bill Starrs, in fact, recommends moving thermostats to 78°—or as high as can be reasonably tolerated. The reason: Every degree below 75 raises air-conditioning operating costs an additional 5 percent. "When homeowners find out it costs 25 percent more to keep their house temperature at 70 degrees—they move those thermostats up to 75 in a hurry!" says N.B. Estes, the head of an AC service-and-installation firm in Atlanta.

An air-conditioning system can lose efficiency from any number of mechanical or electrical causes. If a leak occurs, some refrigerant may be lost; low refrigerant levels mean low cooling efficiency. If a fan motor or belt becomes worn or damaged, too little air will be moved over one or both sets of coils. In either case, efficiency will be greatly reduced—and the system may even be damaged. And if the contacts in the thermostat switch become dirty or worn, the system may be needlessly overworked—another loss of efficiency.

To avoid these complicated problems, have your home air-conditioning system inspected annually by a reliable service contractor. If it's been years since you've taken action, don't delay any longer. The price of a service contract is based both on the size of your equipment and on whether you contract for labor only or for labor and parts. If a contractor recommends correcting bad design or cheap installation, check the proposal with another firm—but don't give the second contractor any more information than the first. And consult with your local utility. It has representatives who work specifically with homeowners to plan new systems or to update existing ones.

By making some very modest alterations, homeowners themselves can do a number of things that can actually improve the efficiency of a room or a central unit. The following are the most important:

Change the filter—Air flow is critical to your system's efficiency. Cold air is heavy and hard to move; a clogged filter makes it all the harder and puts further strain on the fan motor. Permanent filters should be cleaned every 30 days, as in the manufacturer's instructions; disposable filters should be replaced on the same cycle.

Seal the ducts—Forced air in a central-duct system is under pressure; it will escape wherever the duct joints are poorly connected. Duct tape is available at most hardware and home-improvement stores. Sealing the ducts is as simple as pulling the tape off the roll and sticking it around the joints. After sealing, the ducts can also be wrapped with special insulation. This is most helpful if the ductwork travels through a very warm or humid area, such as an open crawl space.

Insulate the attic—Adding a layer of insulation to your attic can cut your cooling bill in half. The average savings, utility experts say, is about 20 percent, or $100 for every $500 of summer cooling costs. Home-improvement retailers sell the insulation, and most of them will be happy to instruct you in its proper use.

Vent the attic—You know what can happen to a car parked in the sun with the windows rolled tight: Temperatures build to the point that expanding air may burst the windows. Imagine an attic without ventilation: Heat is transmitted through the ceilings to the rooms below, and your air conditioner must work that much harder. Ridge and soffit vents allow air to circulate through a hot summer attic.

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Shade exposed units and areas—Your air conditioner gets rid of its heat through the condensing unit mounted outside your home, so it makes sense to place the condenser in a shady spot. This rule applies to the placement of room air conditioners as well. Always mount room-AC units on the shady side of the house, or otherwise shade them from the direct sun. For that matter, when selecting roof shingles or house paint, remember that light colors reflect sunlight and thus heat. Finally, use awnings, drapes, or shades on windows that receive direct sunlight, to reduce heat gain inside the house.

Remove the moisture—The exhaust fan over your kitchen-range top can do more than remove cooking odors. In the summer, it can take away the heat and the moisture as well, which will save your air conditioner that much more work. A bathroom exhaust fan should be used whenever bathing or showering. These fans, like roof vents, are easily installed. They more than pay for themselves in the savings from reduced energy consumption.

Dwight Gooden

continued from page 55

securing outs and treating his arm respectfully. "You should not only pace yourself, but not try doing anything spectacular that's not you," he says quietly. "You should just try to be yourself. Do the things within your style that you've been doing, not try to be like somebody else, or live up to somebody else' standards. Just go out and do the best you can."

Gooden's success did not quite come overnight. At 21 he is an 18-year veteran of the game, his father says. "I grew up in ball and so did he," explains Dan Gooden, who in 1956 forsook Georgia farm life to move to Florida. In rural Albany, Georgia, Dan had learned the game from his father, a 6'5" semipro pitcher who, Dan says, threw even harder than Dwight throws.

At three years old Dan's boy was playing catch with members of the Tampa Dodgers; he rolled the ball to them because he hadn't yet learned to throw. Before long he yearned to play for his father. His idol was a Detroit star, Al Kaline.

"That was his dream, to play pro ball. Mine too," Dan Gooden says. "That's all he ever did, play ball. No paper route, no nothing. Just play ball. That's why people say he's so advanced for his age, because baseball is all he knew."

When Dwight was 11, he began playing Little League ball under the tutelage of Lucius Leonard, a former Tampa Dodgers player, who taught him to throw a curve. In Gooden's first outing, he struck out 13 batters. He later played for his father in senior league on a team that won a national title.

By his junior year in high school, Gooden "really didn't need much coaching," Billy Reed says. "We refined him a little, but not to the point that we changed his mechanics [pitching delivery]. His mechanics were so good."

From the first, his poise and self-control made him what the Mets' general manager, Frank Cashen, calls

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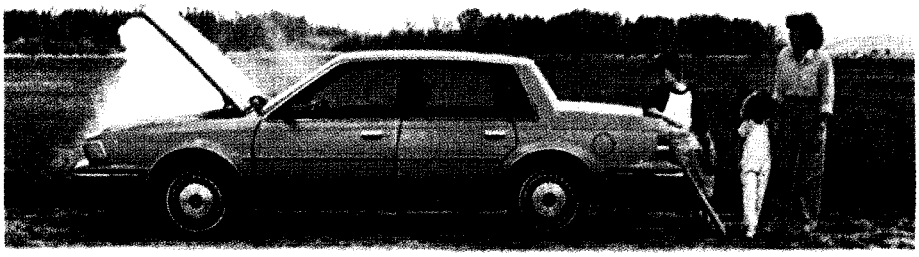
GET HELP BEFORE YOU NEED IT.



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FOOD

MOVABLE SUMMER FEASTS

If you like to entertain outdoors but prefer to cook in, these deliciously different patio pleasers are for you.

by Allen Simon

Patio Seafood Supper

When the lid comes off the steaming cioppino, the secret will be out: This is no ordinary backyard cookout, but a sophisticated (yet easy-to-prepare) seafood feast including broiled kabobs of shrimp, succulent scallops, cioppino soup, and elegant rolled sole.

Cioppino, a tomato-based chowder, is a dish cooked up by San Francisco chefs to make the best use possible of seafood odds and ends. Some cioppino recipes call for six or more different kinds of fish and shellfish, but our version, Cioppino Dash, has been scaled down to include just shrimp and fillets. Nevertheless, it remains true to the chef's original intent by being irresistible.

Although a typical cioppino might be brimming with salt, the sodium content of Cioppino Dash has been held to a stingy 131 mg. per serving. The natural saltiness of the seafood plus the 14-spice non-salt seasoning maintains the flavor. Guests will probably help themselves to seconds, so forget any hopes for leftovers.

An alternative appetizer to soup is Coquille of Scallops. Coquille means shell, and to follow tradition, you should serve these delicious seafood morsels in a shell or a shell-shaped dish. A salt-free crispy coating keeps the sodium content in check; white wine and grated Parmesan cheese add the finishing touch by augmenting the sweet-rich scallop flavor.

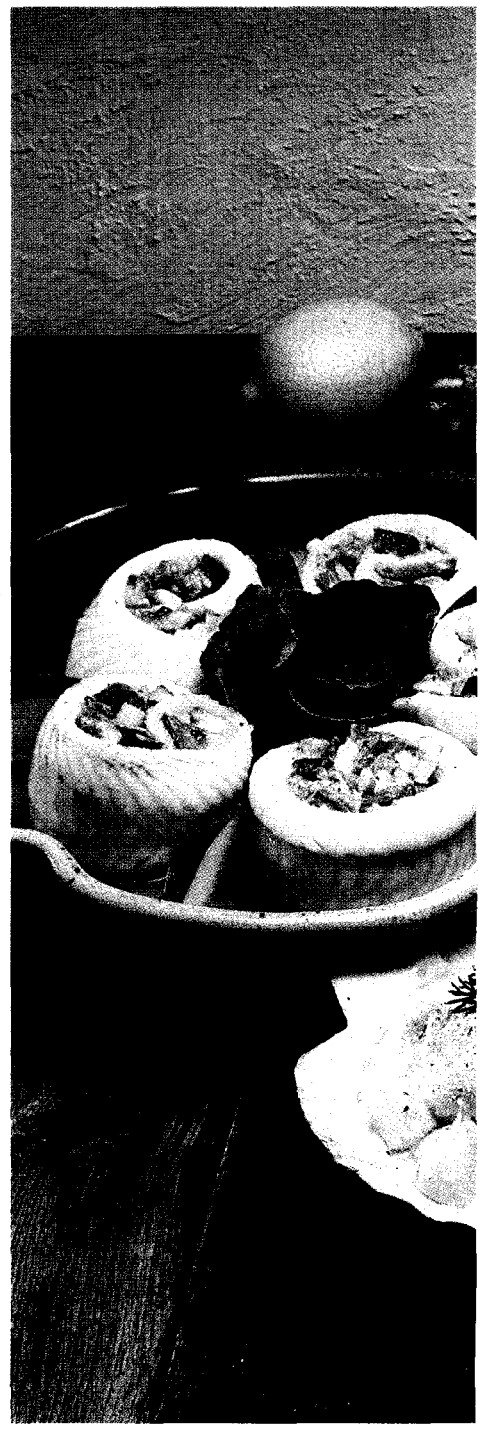
Now enter the heartier fare—poached rolled sole on a platter. It may sound a little stuffy, but it doesn't require a trained French chef to make. Simply sauté mushrooms, red pepper, and onion in olive oil. Then spoon the mixture onto the fillets, carefully roll them up, and secure them with toothpicks. Bake and baste with a mixture of apple juice and seasoning. The result: an appetizing entrée for four with only 246 calories and 102 mg. sodium per serving.

If any guests remain unimpressed, the kabobs will change their minds. Skewer plump shrimp along with chunks of pineapple and green pepper and allow them to marinate (for an hour) in a sauce of pineapple juice, honey, seasoning, and no-salt steak sauce. Then simply broil the shrimp for six to eight minutes, baste them with the marinade, and serve them on a platter of rice. They won't last long.

Cioppino Dash
(Makes 6 servings)

1 tablespoon oil
½ cup green pepper, cut in ½-inch squares
1 can (16 oz.) no-salt-added tomatoes, chopped
1 can (8 oz.) no-salt-added tomato sauce
1½ teaspoons Mrs. Dash 14 herb-and-spice blend
1 pound skinless and boneless fish fillets, sole or flounder, cut in ½-inch pieces
8 ounces frozen, peeled, and deveined shrimp
½ cup dry white wine

Heat oil in 3-quart saucepan; add green pepper and stir until tender, about 5 minutes. Add tomatoes, tomato sauce, and 14 herb-and-spice blend. Heat to boiling; reduce heat and simmer 20 minutes. Add fillets and shrimp and return to boil. Reduce heat; cover and simmer 7 minutes or until done. Add wine while stirring. Serve immediately.



Coquille of Scallops
(Makes 4 servings)

1 cup dry white wine
2 shallots, minced
2 teaspoons Mrs. Dash low-pepper/no-garlic seasoning
1¼ pounds bay scallops
1 teaspoon cornstarch
3 tablespoons cold water
⅓ cup Mrs. Dash salt-free crispy coating mix

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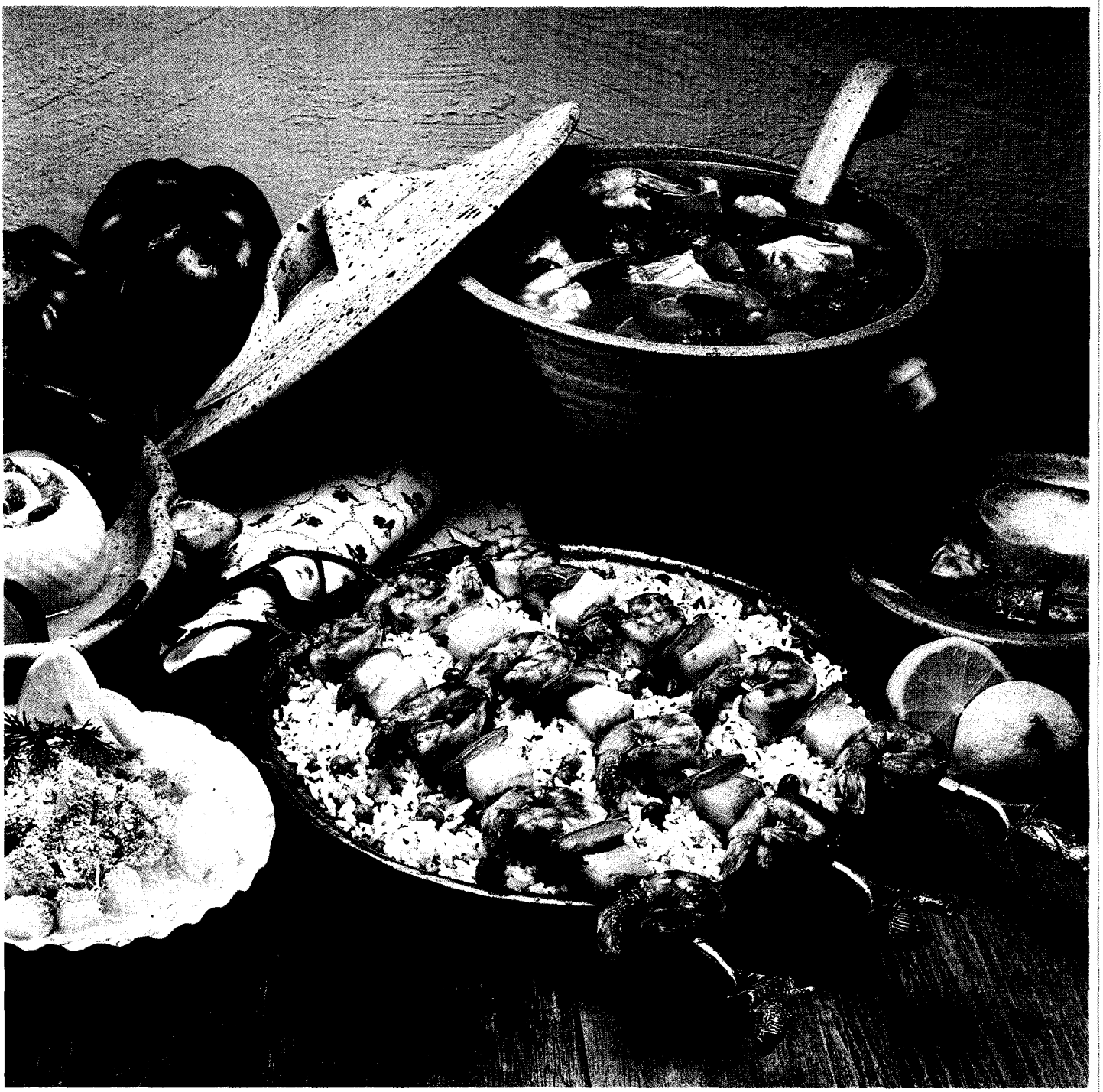

2 tablespoons grated Parmesan cheese

In medium saucepan, combine wine, shallots, and seasoning. Bring to boil. Reduce heat and add scallops. Simmer until tender, about 3-5 minutes. Remove scallops with slotted spoon; keep warm. Return liquid to a boil; boil 5 minutes. Stir together cornstarch and water. Stir into boiling liquid; continue stirring until thickened. Place scallops in serving shells or platter; pour sauce over. Combine coating mix and cheese; sprinkle over scallops. Place under broiler until cheese melts. Serve immediately.

Poached Rolled Sole
(Makes 4 servings)

2 tablespoons olive oil
1 cup chopped mushrooms
¾ cup chopped red pepper
½ cup chopped onion
⅓ cup Mrs. Dash salt-free crispy coating mix
4 fillets of sole (about 1 pound)
1 cup apple juice

"Tray chic" describes this low-sodium seafood supper with Poached Rolled Sole, Coquille of Scallops, Saucy Shrimp Kabobs, and Cioppino Dash (left to right).

1 teaspoon Mrs. Dash low-pepper/no-garlic seasoning

Heat oil in skillet. Add mushrooms, red pepper, and onion. Sauté until tender. Stir in coating mix; mix well. Spoon mixture down center of each fillet. Roll and secure with toothpick. Place fillets in shallow baking dish.

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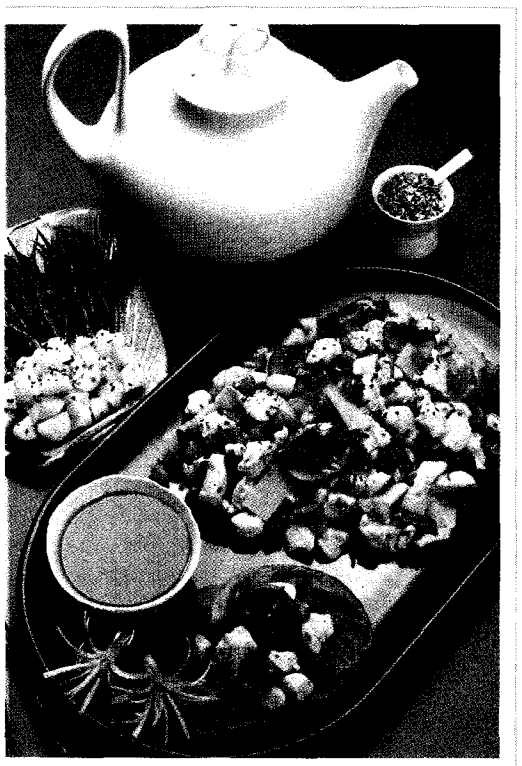
Combine apple juice and seasoning; pour over fillets. Place in 375° F. oven for 15-20 minutes, or until fillets are done; baste occasionally. Remove fillets from pan and keep warm. Transfer liquid to saucepan. Bring to boil and reduce to ½ cup. Pour over fillets.

Saucy Shrimp Kabobs
(Makes 8 kabobs)

1 can (20 oz.) pineapple chunks in unsweetened pineapple juice
48 medium shrimp (about 1½ pounds), peeled and deveined
1 large green pepper, cored and cut into 32 squares
½ cup Mrs. Dash salt-free steak sauce
¼ cup honey
1½ teaspoons Mrs. Dash low-pepper/no-garlic seasoning
1 tablespoon cornstarch

Drain pineapple chunks; reserve juice. Alternate shrimp, 7 pineapple chunks, and 4 green-pepper squares on each of 8 long skewers. Place in large, shallow dish; set aside.

Combine reserved pineapple juice, steak sauce, honey, and seasoning; pour over kabobs. Cover and refrigerate 1 hour. Arrange kabobs on rack of broiler pan; reserve marinade.



Oriental Chicken Soong with Piquant Dipping Sauce is "ah so" perfect for an informal patio meal. Chopsticks are optional.

Broil kabobs 3 inches from heat 6-8 minutes; turn once, until shrimp are tender. Meanwhile, mix cornstarch with reserved marinade in small saucepan. Bring to boil over medium heat; stir constantly. Boil 1 minute. Pour marinade over kabobs.

Chinese for Four

Tell your guests they'll be dining Chinese, but to leave their chopsticks at home. This meal will be mainly hands-on, and because so few utensils are required, the host can wash his hands of a tedious cleanup afterwards.

Among Chinese, lip smacking is perfectly acceptable, and when eating Chicken Soong with Piquant Dipping Sauce, even finger licking is allowed. It may be unavoidable.

Tender, boneless chicken breast is marinated in a vinegar-and-herb sauce, then tossed in a wok with garlic and ginger. Next, mushrooms, bamboo shoots, celery, snow peas, and red pepper are fried until crisp-tender and mixed with the chicken.

Guests must spoon the chicken mixture onto lettuce leaves, wrap them into little bundles, and using their fingers, dip them in sauce.

You may want to provide forks for the side dish of stir-fried string beans and water chestnuts. Both recipes are made with sodium-conscious dieters in mind.

Chicken Soong with Piquant Dipping Sauce
(Makes 4 servings)

1 pound boneless chicken breasts
3 tablespoons plus 2 teaspoons vegetable oil
1 tablespoon vinegar
2¾ teaspoons salt-free 14 herb-and-spice blend
2 cloves garlic, minced
½ teaspoon minced fresh ginger
1 cup (¼ pound) sliced fresh mushrooms
½ cup bamboo shoots
½ cup chopped celery
½ cup (⅛ pound) snow-pea pods, sliced crosswise
¼ cup diced red pepper
1 teaspoon cornstarch, stirred into 1 tablespoon each sherry and cold water
¼ to ½ teaspoon chili oil
2 heads Boston or butter lettuce, washed, leaves separated
Piquant Dipping Sauce (recipe follows)

Remove skin and dice chicken into ¼" cubes. Put chicken in medium-sized bowl. Add 2 teaspoons of oil, 1 teaspoon of vinegar, and ¾ teaspoon of 14 herb-and-spice blend; toss to coat. Cover and refrigerate 30 minutes to 2 hours.

In wok or large skillet, heat remaining oil over medium-high heat. Add garlic and ginger; stir-fry 1 minute. Add chicken; stir-fry 3 minutes until no longer pink. With slotted spoon, remove chicken to bowl. To wok, add mushrooms, bamboo shoots, celery, snow peas, and red pepper. If needed, add additional tablespoon oil. Stir-fry 3 minutes. Add cornstarch mixture to wok; stir until thick and bubbly. Return chicken to wok along with remaining 2 teaspoons vinegar and chili oil. Toss thoroughly. To serve: Instruct guests to spoon some of the chicken into a crisp lettuce leaf; roll up and tuck ends to form a bundle. Dip into Piquant Dipping Sauce and eat with fingers.

Piquant Dipping Sauce
(Makes ½ cup)

In small bowl, combine ¼ cup honey, ¼ cup no-salt-added ketchup, 1 tablespoon vinegar, ¼ teaspoon dry mustard, and 3-4 drops red-hot pepper sauce.

String Bean and Water Chestnut Stir-Fry
(Makes 4 servings)

2 tablespoons vegetable oil
1 pound string beans, trimmed
½ teaspoon minced fresh ginger
1 tablespoon sherry
¼ cup cold water
1 teaspoon cornstarch
1 teaspoon salt-free 14 herb-and-spice blend
12 water chestnuts, quartered

Heat oil in medium skillet until hot. Stir-fry string beans and ginger for 3 minutes. Add sherry; cover and cook 1 minute. Meanwhile, in small bowl, blend water, cornstarch, and herb-and-spice blend. Pour half of cornstarch mixture over string beans. Toss until thickened; remove to serving dish. Add water chestnuts and remaining cornstarch mixture to skillet. Toss until thickened. Arrange decoratively around string beans.

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Dwight Gooden

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"the exception to all the rules as we know them." Consequently, Gooden is unlikely to suffer the same hardships that befall lesser players. "Getting to the ballpark is the only thing he's got to worry about," says Al Jackson, the Mets' minor-league pitching coach.

The Mets' field manager, Dave Johnson, had a hard time persuading Cashen to promote Gooden to the majors after the teen-ager had spent only one full season in the minors. But Gooden's rare gifts wore down the resistance of the cautious GM. "The two things that he had that we don't see in young pitchers is complete command and complete composure," Cashen says. "He had command not only throwing the ball hard, but he knew where to throw it, and he had a major-league curve ball right away. He had composure in that he didn't let a setback or a base hit or something defeat him. He was able to shrug it off and go on."

Others warn fretfully of pitfalls facing the young superstar. Already he has missed banquets honoring him in Tampa and in New York and has shown up late for appointments and practices. "As fast as he went up, he can come down just as fast," Dan Gooden says. "He understands that. I talk to him about that all the time: Don't ever let yourself get too big."

Mets' executives have ordered that Gooden be protected somewhat from the press. Access to Gooden is limited to a mass press conference held the day after he pitches. Concerned in part about his frequently terse answers, the club also paid a media consultant to instruct Gooden and several others on how to handle the ever present reporters (with whom he's unfailingly polite).

Gooden is representing Diet Pepsi, Nike, Toys 'R' Us, Spalding gloves, Kellogg's Corn Flakes, and Polaroid; collaborating on two autobiographies; and appearing in a music video. Neader insists, "I don't think he does that much at all. We could do ten times as much and saturate the market if we wanted to. We just don't do it."

Gooden, remarkably unchanged by all the commotion, still calls his father after pitching a game and dwells on the details if he loses. During spring training he finds time to attend virtually every one of Hillsborough High's games. He still lives in Tampa with his parents, in a new house he bought for them, though he plans to move out this fall when he marries Carlene Pearson, whom he met at church four years ago.

As Gooden emerged from an interview session this spring, Johnson called out, "Don't let baseball interfere with anything you've got going." Given Gooden's love for the game, that's unlikely to happen.

A much more pressing concern will be the chorus already comparing him with the greatest pitchers baseball has seen. "It makes me feel weird," Gooden admits. "That's like every time you take the field you've got to

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win, you've got to strike out ten batters and almost pitch a shutout."

Then again, considering Gooden's accomplishments to date, it's difficult not to expect greatness each time he takes the mound. As this season began, he had struck out ten or more batters in 26 of his 66 major-league starts. Eleven times he held the opposition scoreless for an entire game. Only once last season, and nine times overall, did he give up more than three earned runs in a single game. He averages more than one strike-out per inning. During his career, he has fanned more batters than have reached base on hits and walks combined.

"He's way ahead of any young pitcher in the history of the game," Johnson says. "Just write superlatives."

Fishing with the Pros

continued from page 72

lectures, speaks at seminars, writes outdoor articles, and serves as a professional guide—all in devotion to his favorite pursuit of finding and catching crappie.

"Crappie are the king of panfish," Steve proudly says. "They are found in every state, from small farm ponds to huge rivers, and are the most sought-after species of fresh-water game fish."

Not only are crappie abundantly available throughout the United States, but the panfish feed consistently throughout the year. "Unlike their neighbors of the underwater world, like bass, catfish, and bluegill, crappie habits place them on a year-round feeding spree," Steve explains. "They don't fall into a dormant stage. Thus, sport fishermen capitalize on the crappie's year-round feeding habitats, with techniques ranging from ice fishing in Minnesota to drifting patterns in Florida. Crappie will strike a bait every season of the year, but anglers must learn to change methods and move with the fish." Crappie are closer to the shoreline during spring, he says. Spawning takes place then, and bank fishermen can harvest a full stringer, Steve suggests, by fishing around the roots and limbs of trees, bushes, and weed beds, where the fish are laying their eggs.

"If hunting for the best lakes in the country," Steve points out, "you'll have to consider some of the larger, man-made reservoirs of the Tennessee Valley and through the Mississippi Delta. However, both sides of the Mason-Dixon line offer excellent crappie fishing."

What signs on a body of water hint at great crappie fishing? "Some of the ingredients for the recipe of above-average crappie fishing are lakes with moderate climates, shallow-to-average depths of 8 to 12 feet, stained water, and an abundant habitat for spawning," Steve says.

Steve McCadams, no stranger to crappie success, follows some general guidelines when stalking the spunky sunfish: "Successful anglers know that versatility is the key for consistent angling. Moving with the fish and reading sonar equipment is very important," Steve suggests. "Modern technology has drastically improved crappie fishing, as anglers begin to utilize electronic devices like sonar, graph recorders, and liquid-crystal screens to monitor movement of the fish and submerged structures, like brush and stump rows."

The type of bait used relates to the environment you are fishing. "From the strip pits of Indiana to the shallow grass beds of Florida's Lake Okeechobee, a fisherman can utilize a variety of techniques where both artificial and live bait are used," Steve says. "Rubber-skirted jibs, which mimic bait fish, are quite popular and

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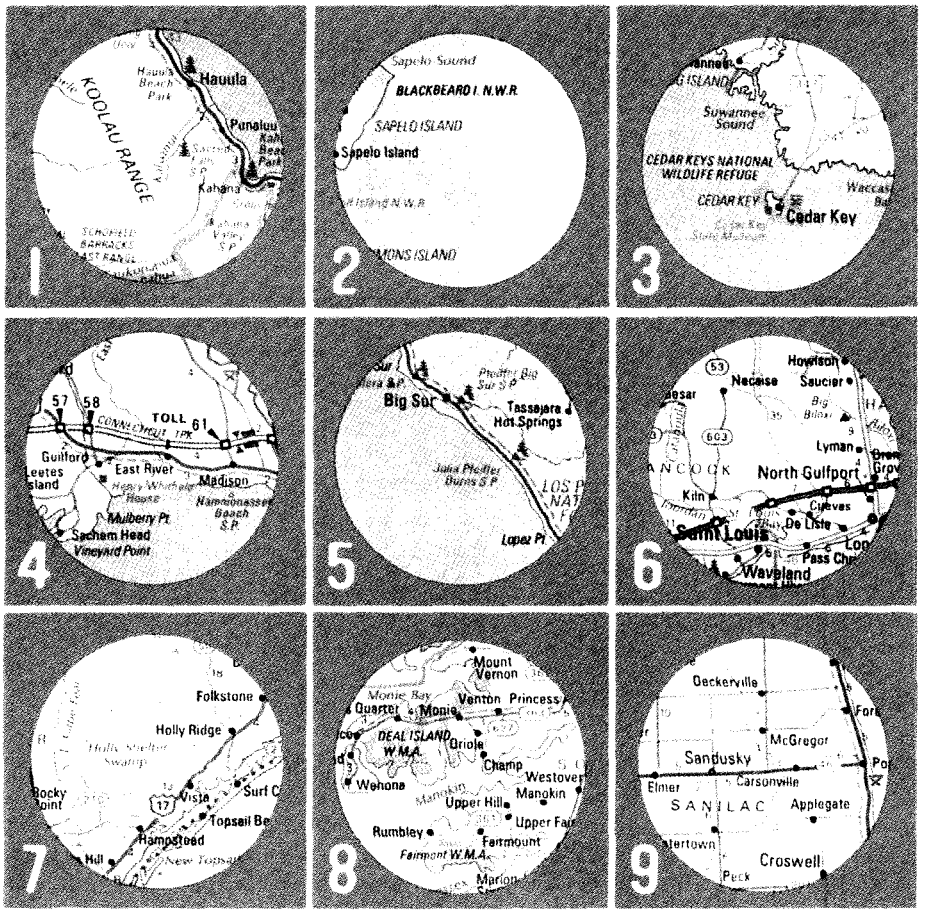

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Where do you think you are?

East or West, North or South, each of the distinctive areas above appears on the map of a single city, state or province. In terms of routes, state parks, mountains and memorials, there is, as the saying goes, "no place like it." Can you identify these locations? If you or a friend find the game too easy (but you won't), add the requirement that you place the area, north, south, east, west or central in the designated locale.

(Answers on page 112)

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come in a wide variety of shapes and sizes. When live bait is the trick, shinier minnows are ideal in the two- to three-inch range. Light wire hooks and light tackle are the most popular, but the major reservoirs often require heavy line and strong tackle for working the thick, brushy areas where crappie seek refuge."

But don't just listen to these fishermen gab. They all agree—practice makes perfect.

Monarch

continued from page 43

fort a fire began to kindle in him again, and the slightest arch made itself apparent in his neck. Suddenly, at the sight of an arroyo, he slid down the sloping bank and for a time made his way along its tortuous course, while on either side a shadowy army trailed him, growling and yapping above him. At last he halted and stood bewildered. The arroyo had ended in serrated sandy walls, too steep for his aged legs to climb.

He half turned, his hind legs dragging now. He slumped for a moment, sprawled, and rising, strove to turn back. Endurance was all but gone; he sprawled again, and it seemed as if this action were a signal.

Down the sides of the arroyo they came, from the right, from the left, and behind him. They leaped at him, snapped, and darted away. He felt the sharp blades of their teeth in his haunches. And with that the smoldering thing that had been growing anew within him for the last quarter of a mile burst into life. Conflict!

It was what he had wanted and not known, what he had longed for and not realized, and what he had looked for with those old dim eyes. It was the thing that had sent him roaring to the bars without a knowledge of why he had gone there. It was what had caused his throat to fill with roarings when he had left the train. Conflict—conflict—one more thrill of battle before he died!

His hindquarters strengthened in new life. With one foreleg braced upon the ground, he sent the other out in a swift half circle as a coyote leaped within his range; instantly a form traveled high above him and crashed into the right wall of the arroyo, screaming and scrambling there an instant before death should silence it. Then another form flew away; Old Joe's other great forepaw had swept into action now, and a second enemy lay ten feet away, bleeding out its life. The lion roared and whirled. Skulking beasts, suddenly courageous with fear, had shot behind him and were striving to pull old Joe Dokes down from the rear.

"Look, dear, my old uniform still fits!"

He swung three of them about, their teeth hooked into his flesh, as he shifted for newer battle; Joe Dokes was old no longer. Again those forepaws lashed and circled, again beasts leaped and darted in their frenzied efforts to evade him; some to succeed, two more to die. All at once, in a concerted effort at flight, the remnant of the pack strove to ascend the steep slope at the end of the arroyo. They slipped and scrambled, and in the instant of delay a black-maned monster drove them down again by sending a hurtling, disemboweled member of their pack among them. To the bottom they came, and then, their course blocked, ratlike desperation taking the place of their usual skulking natures, they swept forward in attack, five against one.

The voice of Joe Dokes rose in tremendous crescendos, roar atop roar, and these mingled with the yowling and screaming of desperate cowards. Under him and over him, at his sides and at his rear, they tormented and struck and parried and thrust. They caught him in his tender flanks; they rolled beneath his stomach, knifelike jaws cutting with the sharpness of vicious shears. They tangled in his greasy mane and screeched their anguish as short, jabbing blows of giant claw-fringed paws lashed out with the death blow. One rolled away and was silent. Then a second was felled, and a third and a fourth. Finally there was but one survivor, screaming and scrambling as he strove to climb out of reach. But the fanlike claws of Old Joe Dokes cut him down, and then there was only the roaring of a triumphant lion.

The smell of blood was in his nostrils; the fires of victory warmed a soul no longer warped by age. His stance was straight and strong now, forelegs spread, ears flat against his head, hind legs braced as he raised his head and cupped his red-streaked jaws. The moon was just above him and shone between serrated walls. He roared to it, the thunderous, booming roar of the monarch he once had been and the monarch he had again become. A dozen times, a score of times, he sent forth his reverberations of victory. Then turning, he sniffed about him and began to strut from one gray form to another, nosed the still-warm bodies, and pawed them or scraped the rough fur with his filelike tongue. And at the salt taste of vanquished veins he roared anew. A monarch!

One after another he made the rounds, but gradually his step slowed. After a time, he halted, as with surprise and, doubling swiftly, licked at a long, jagged place in his side where teeth had torn deep into his flesh. Then another wound began to burn, and others. Old Joe Dokes settled

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I know that this sounds like a familiar song, but in my situation, the results were absolutely incredible.

In one miraculous day, everything changed. That particular day, I woke up very early. I went into the kitchen, sat down and dropped my head to the table. I was so miserable and full of hurt and grief watching the hours pass by. All of a sudden I was overcome by an incredible idea: an idea that was so strong I instantly picked up the phone. I made that one certain phone call. **Just one phone call** and **2 days later** I had a contract locked in with someone to pay me **$8,000 per month** for as long as I provided my simple service.

LIFE AFTER MY DISCOVERY

In the next few days, we paid off all of our debts and began buying things that even people who have worked and saved all their lives can't afford. As a symbol of my victory over defeat, I went out and bought myself a $50,000 sports car. A few days after that I went and bought my husband a $40,000 sports car.

In a few months after my discovery, I asked my husband where he would like to live if given the freedom and the choice. "California". So we packed up everything and moved to the most beautiful spot in the world. Those of you who have been to Santa Barbara know what I'm talking about. We moved into our dream home right by the ocean. Yes, we were doing and acting totally as we pleased. Life is incredible and it's all because of one very simple phone call.

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Monarch

continued from page 98

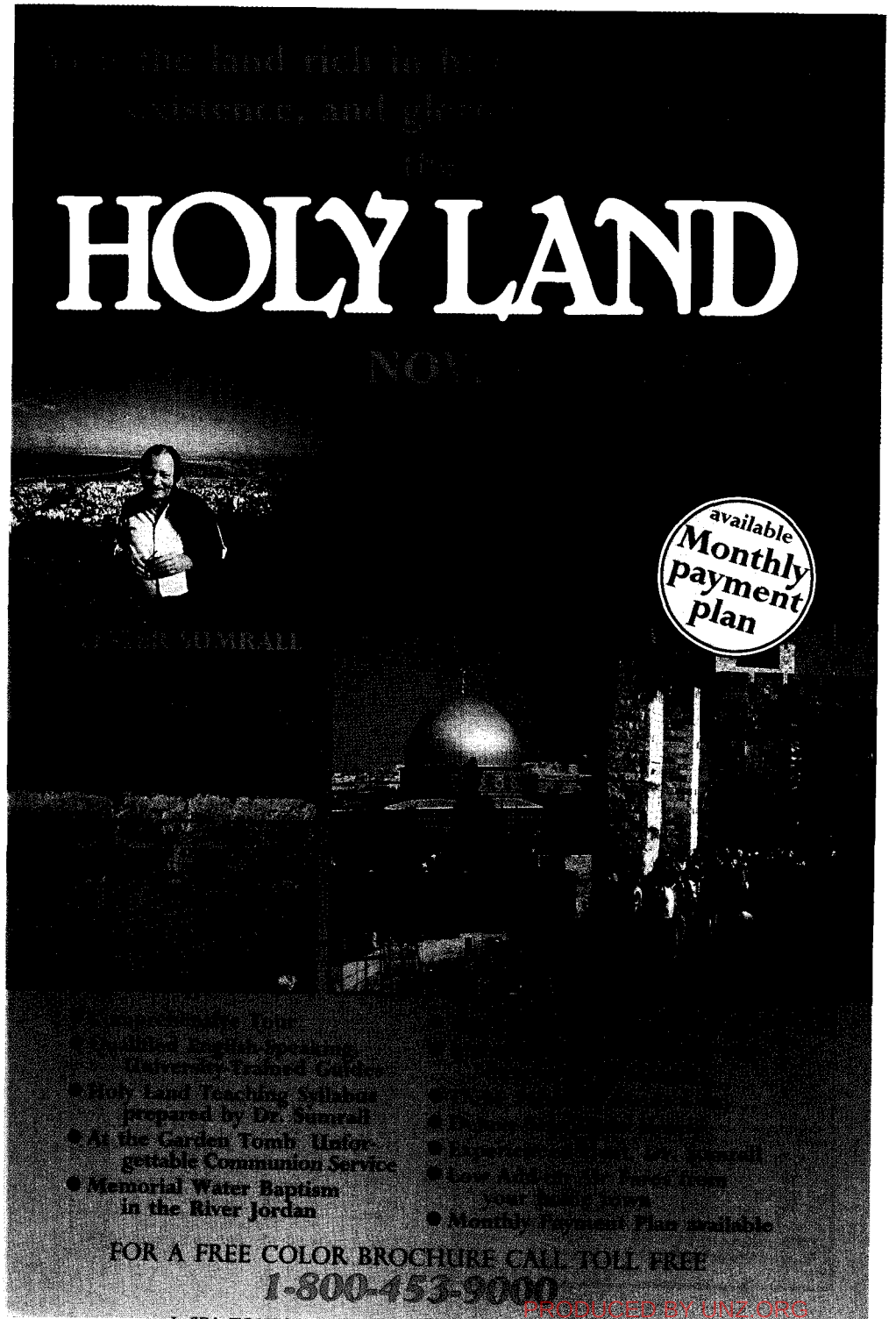
himself and licked them one by one, pausing betimes to send his rumbling roar out of the deep arroyo and across the night—the roar of victory.

Again the moon beckoned him, and he pulled himself to his feet. The process was slow and painful. When at last he stood erect, the old sway had come into his back and his hindquarters weaved with a roll that all but unbalanced him. But the coughing bark was still strong; he continued the outbursts until his breath had failed, just for the sheer joy of roaring.

At last he settled again and licked once more at the deep lacerations of battle. But finally he ceased and, stretching, extended his forelegs to scratch contentedly at the sand, like a cat sharpening its claws upon a carpet. He sighed, but it was a sigh of glorious weariness. He allowed his head to fall between extended paws, satisfied eyes gazing upon the shadowy mementos of his victory. Slowly, however, the scene became dimmer, dimmer; at last, it was gone forever.

It was in this position that Shorty Allerton found him the next morning after an all-night search; Old Joe's absence had been discovered some five miles down the line. For a time the little menagerie man merely stood there, rubbing nervously at his throat. At last he crouched beside the still form, and a hand went out to the shaggy mane of the silent Old Joe Dokes. Then the hand rose and fell in slow, soft pattings. The animal man bent closer.

"Shorty knew all the time," he said quietly. "Everything's fine now, ain't it, old podner?"



Adventures of the Mind

continued from page 65

an utterance, in words. No words, no story. This seems a fact so obvious, and so trivial, as not to be worth the saying, but it is of fundamental importance in the appeal fiction has for us. We are creatures of words, and if we did not have words we would have no inner life. Only because we have words can we envisage and think about experience. We find our human nature through words. So in one sense we may say that insofar as the language of the story enters into the expressive whole of the story we find the deep satisfaction, conscious or unconscious, of a fulfillment of our very nature.

As with language, so with the other aspects of a work of fiction. Everything there—the proportioning of plot, the relations among the characters, the logic of motivation, the speed or retardation of the movement—is formed by a human mind into what it is, into what, if the fiction is successful, is an expressive whole, a speaking pattern, a form. And in recognizing and participating in this form, we find a gratification, though often an unconscious one, as fundamental as any we have mentioned.

We get a hint of the fundamental nature of this gratification in the fact that among primitive peoples decorative patterns are developed long before the first attempts to portray the objects of nature, even those things on which the life of the tribe depended. The pattern images a rhythm of life and intensifies the tribesman's

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Alice Blue Gown
Wayne King

It's Been A Long Long Time
Charlie Spivak

Moonlight Serenade
Glenn Miller

Sentimental Journey
Les Brown

My Happiness
Pied Pipers

Far Away Places
Margaret Whiting

You'll Never Know
Dick Haymes

For Sentimental Reasons
Ella Fitzgerald

Little Things Mean A Lot
Kitty Kallen

Cruising Down The River
Blue Barron

Deep Purple
Larry Clinton

To Each His Own
Eddie Howard

I Can't Get Started With You
Bunny Berigan

Racing With The Moon
Vaughn Monroe

I'll Never Smile Again
Tommy Dorsey and His Orchestra/Frank Sinatra, Vocal/The Pied Pipers

Maria Elena
Jimmy Dorsey

Sleepy Lagoon
Harry James

Take The "A" Train
Duke Ellington

Ain't Misbehavin'
Fats Waller

Sugar Blues
Clyde McCoy

There's No Tomorrow
Tony Martin

I Apologize
Billy Eckstine

Unchained Melody
Al Hibbler

I'm Looking Over A Four Leaf Clover
Art Mooney

All Or Nothing At All
Harry James Orchestra with Frank Sinatra

April In Paris
Count Basie

How High The Moon
Les Paul/Mary Ford

Long Ago & Far Away
Jo Stafford

Heartaches
Ted Weems

If I Didn't Care
Ink Spots

Old Buttermilk Sky
Hoagy Carmichael

Goodnight Irene
Gordon Jenkins

Over The Rainbow
Judy Garland

Unforgettable
Nat King Cole

Linda
Buddy Clark

Green Eyes
Helen O'Connell/Bob Eberle/Jimmy Dorsey

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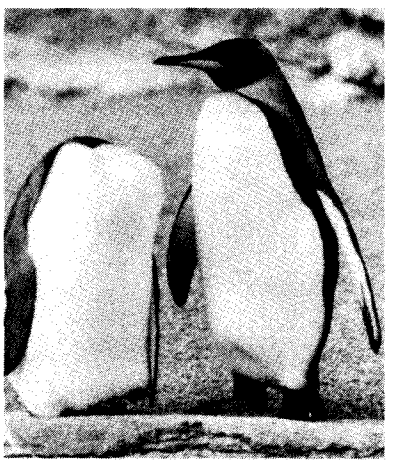
sense of life.

Or we find a similar piece of evidence in psychological studies made of the response of children to comic books. "It is not the details of development," the researchers tell us, "but rather the general aura which the child finds fascinating." What the child wants is the formula of the accelerating build-up of tension followed by the glorious release when the righteous Superman appears just in the nick of time. What the child wants, then, is a certain "shape" of experience. Is his want, at base, different from our own?

At base, no. But if the child is satisfied by a nearly abstract pattern for the feelings of tension and release, we demand much more. We, too, in the build and shape of experience, catch the echo of the basic rhythm of our life. But we know that the world is infinitely more complicated than the child thinks. We, unlike the child, must scrutinize the details of development, the contents of life and of fiction. So the shaping of experience to satisfy us must add to the simplicity that satisfies the child something of the variety, roughness, difficulty, subtlety, and delight which belongs to the actual business of life and our response to it. We want the factual richness of life absorbed into the pattern so that content and form are indistinguishable in one expressive flowering in the process that John Dewey says takes "life and experience in all its uncertainties, mystery, doubt, and half-knowledge and turns that experience upon itself to deepen and intensify its own qualities." Only then will it satisfy our deepest need—the need of feeling our life to be, in itself, significant.

Can you name this picture?

. . .*contest:* $100 to the author of the winning caption for this picture. Your entry can be a "one-liner" or up to five lines of limerick. Please send entry on a postcard. *No* self-addressed, stamped envelope is needed. We will also award $100 to the photographer whose submitted photo is published in next month's contest. 8 x 10 photos are preferred, along with a stamped, self-addressed envelope for possible photo return. Send all entries to: Photo Contest, *SatEvePost*, 1100 Waterway Blvd., Indianapolis, IN 46202. All eligible caption entries must be received by August 5, 1986.



Our congratulations and a check for $100 go to Virginia L. Scheel, Superior, Nebraska, for the winning entry in our March 1986 caption contest.

A penguin once said, "What a shame!
Staying single was always my game.
It's been a good life
Not having a wife.
Now I've lost my head over a dame!"

Liberty's New Look

continued from page 49

Bartholdi's genius." Eventually, this facet of the restoration was completed, and the new torch and flame were installed on the statue in November 1985. In the meantime, workers inside replaced the eroded armature bars with individually molded, rustproofed, stainless-steel replicas. Only five original bars remain in the big toe of Lady Liberty's right foot.

Although the statue was not built to accommodate visitors, some 2 million sightseers climb through Liberty every year. The refurbished Liberty contains a 90-foot, two-level, hydraulic glass elevator that will allow visitors a dramatic view of the interior as they ascend to the parapet. A second elevator will accommodate the disabled. Two new stainless-steel staircases equipped with rest platforms, wide railings, and other safety features rise to the observation area in the crown.

The lighting system, perhaps the most dramatic innovation, features

continued on page 112

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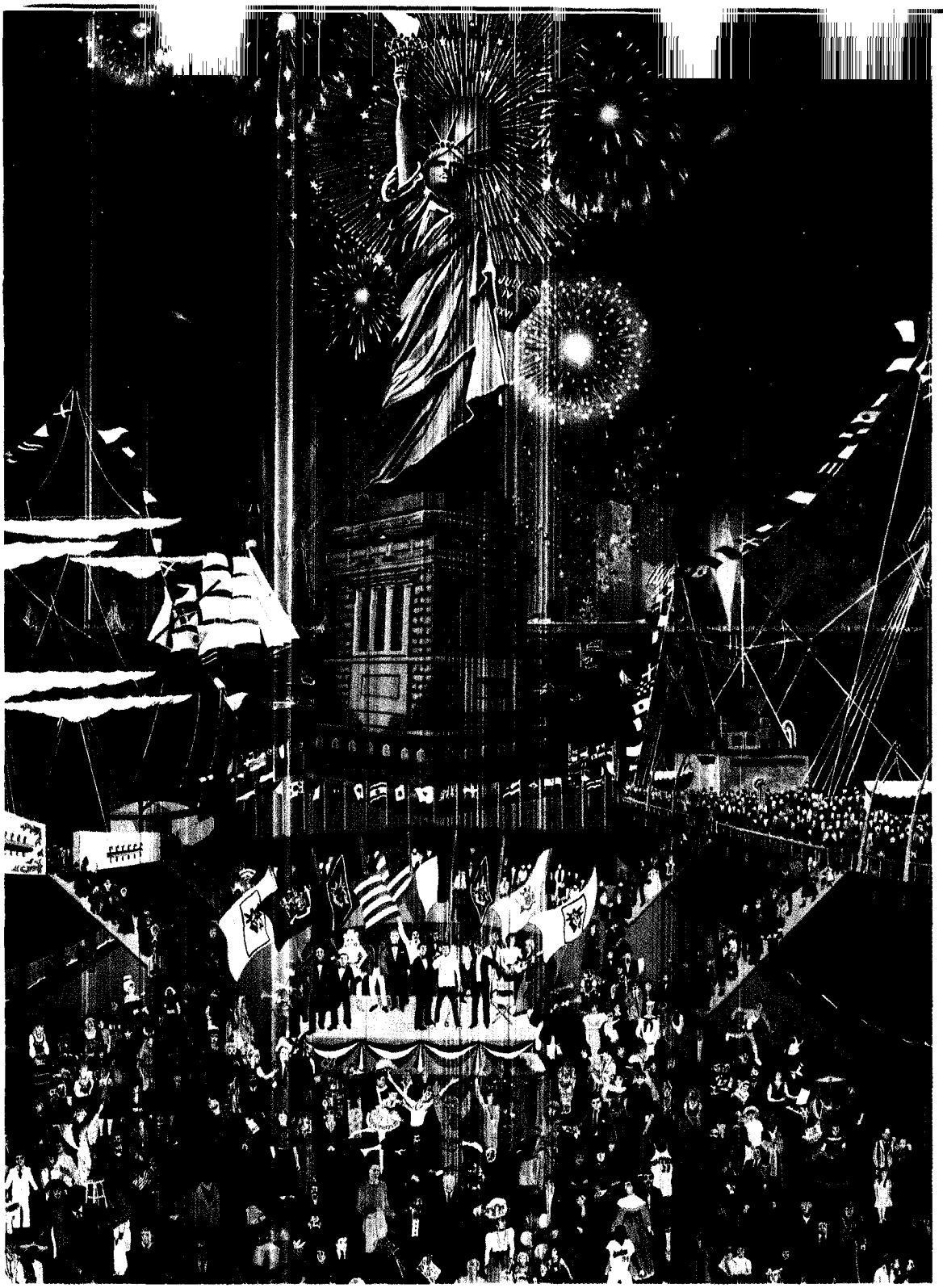

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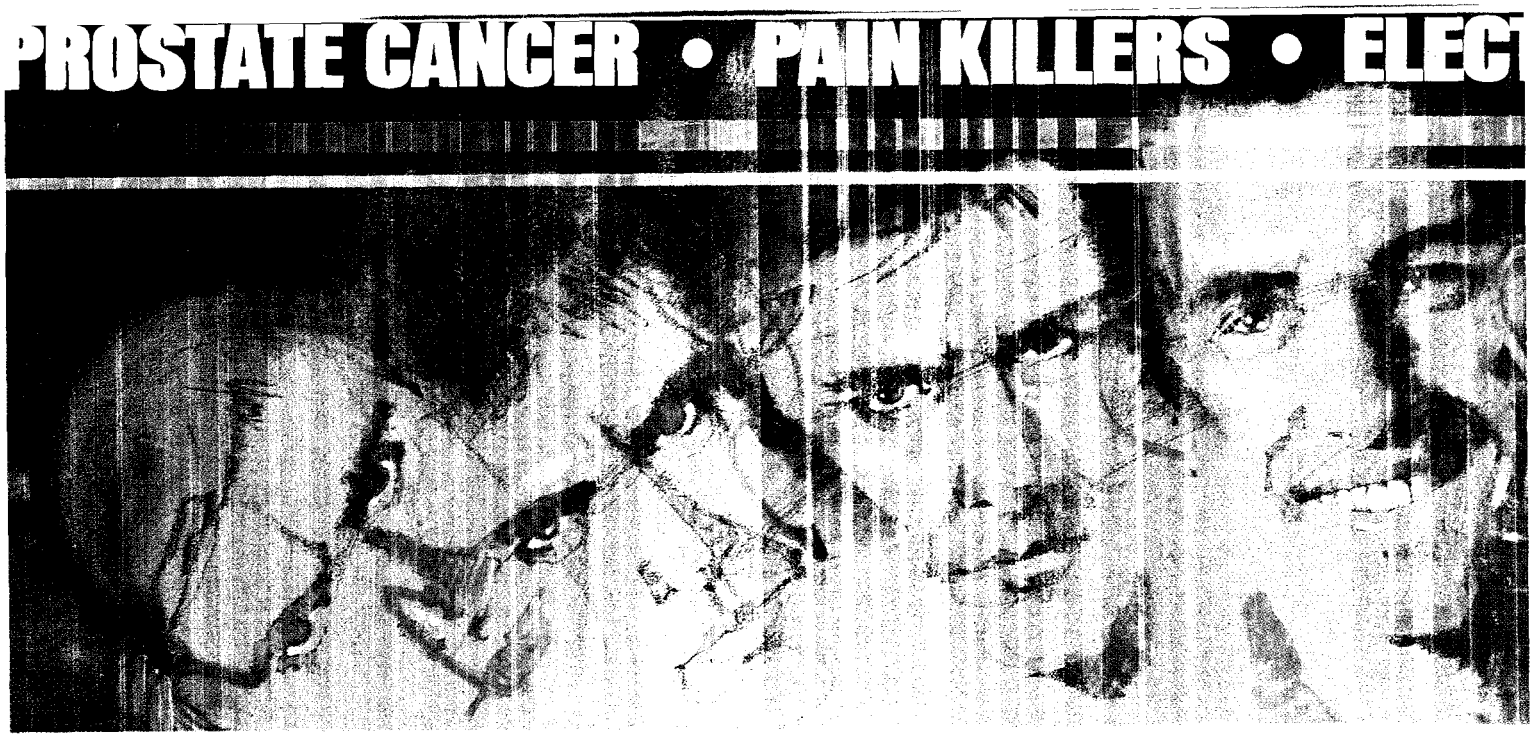

EVERY FRIDAY THE 700 CLUB PRESENTS LIFECARE DIGEST

Each Friday, LIFECARE DIGEST is featured on CBN's THE 700 CLUB with host Pat Robertson. **The Saturday Evening Post** editor, Cory SerVaas, M.D., brings you the latest, in-depth health information and the most recent medical breakthroughs to enhance your health and possibly save your life, or that of a loved one.

Join us each week, and learn to monitor your body's warning signals and better care for your family's health by preventing problems before they occur.

Take Two, But Two What?

Tampering isn't the only concern when picking a painkiller. Be sure the side effects aren't more than you can stomach. Learn how to make the right choice for what ails you.

Sick Humor

By watching comedy films, one hospital patient chuckled his way to a rapid recovery. See why a healthy outlook is good for your health.

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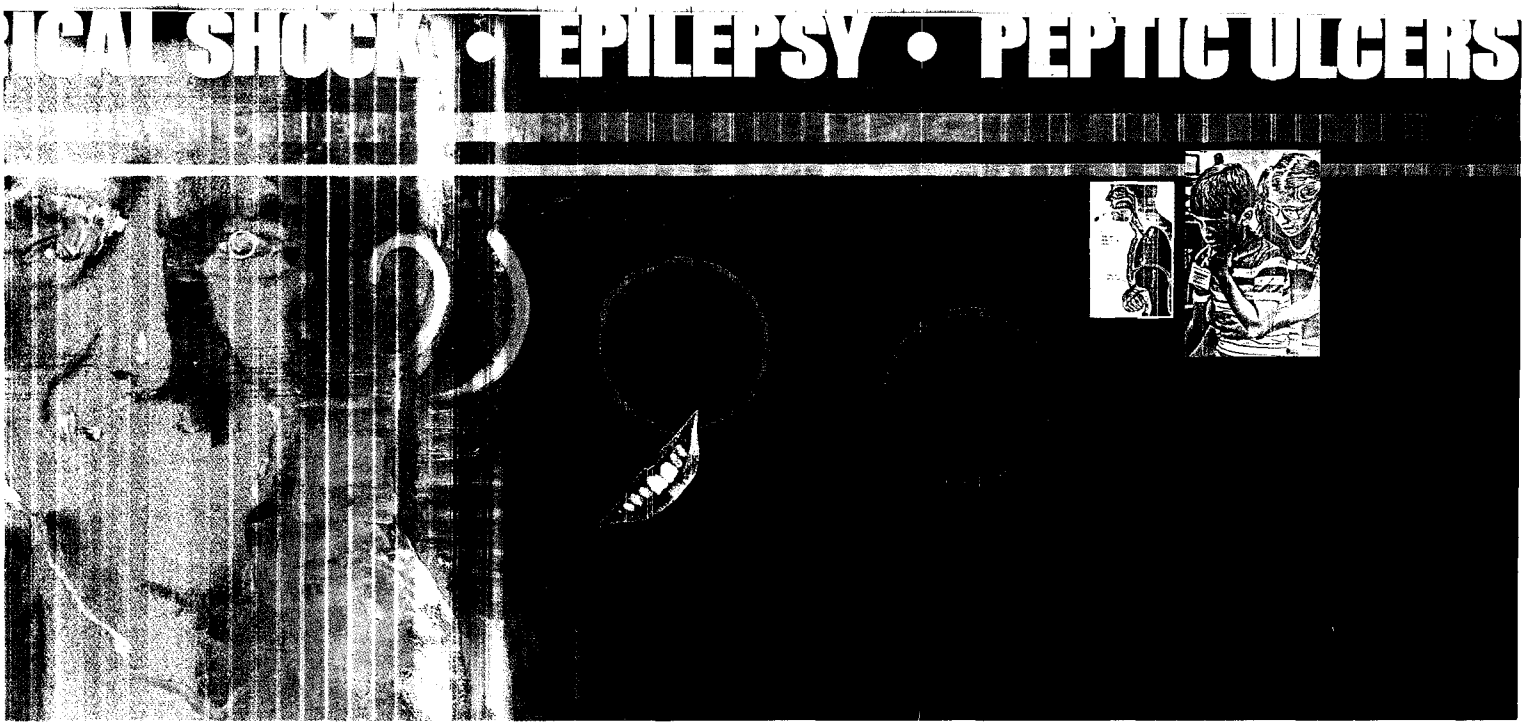

Shock Treatment

Know exactly what to do if a child jams a curious finger into a lamp socket? Did you unplug the hair dryer next to the tub? Find out how to prevent and treat electrical mishaps.

Victory Over Epilepsy

Julius Caesar would have welcomed it. So will others with certain types of epilepsy. Mayo Clinic surgery has cured a young woman who was having over 20 seizures monthly. Tune in for details.

Out Of The Mouths Of Babes

The Heimlich Maneuver is so easy even a child can do it. We'll teach you how to teach youngsters to prevent playmates from choking.

Cancer For Men Only

The third largest single cause of cancer fatalities in men, prostate cancer can be caught and cured early. Annual digital rectal exams are a must. Take heed, especially those over 50.

Ulcer News You Can Swallow

Peptic ulcer victims no longer have to check their taste buds at the door before dining. Bland diets are out, but so are smoking, alcohol and caffeine.

Colitis Club Diet

More than 10,000 readers and viewers have asked for our Colitis Club diet. Most of the reviews have been raves. Find out more on LIFECARE DIGEST.

The 700 Club

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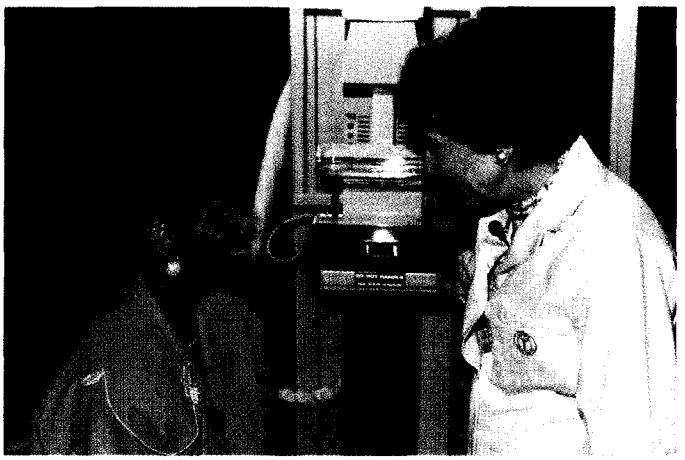
MEDICAL MAILBOX
by Cory SerVaas M.D.

". . . small, preinvasive breast cancers can be routinely detected by radiographic examination."—*Kenneth J. Billings, M.D.*



"That's why I'm here," explained Wilma Rudolph at the send-off celebration for the state-of-the-art *Saturday Evening Post* Mammobile, sponsored by Mary Kay Cosmetics. "I have three sisters who have had breast cancer, so it's very important that I have an examination every year and that I encourage other women who are over 35 to have mammograms."

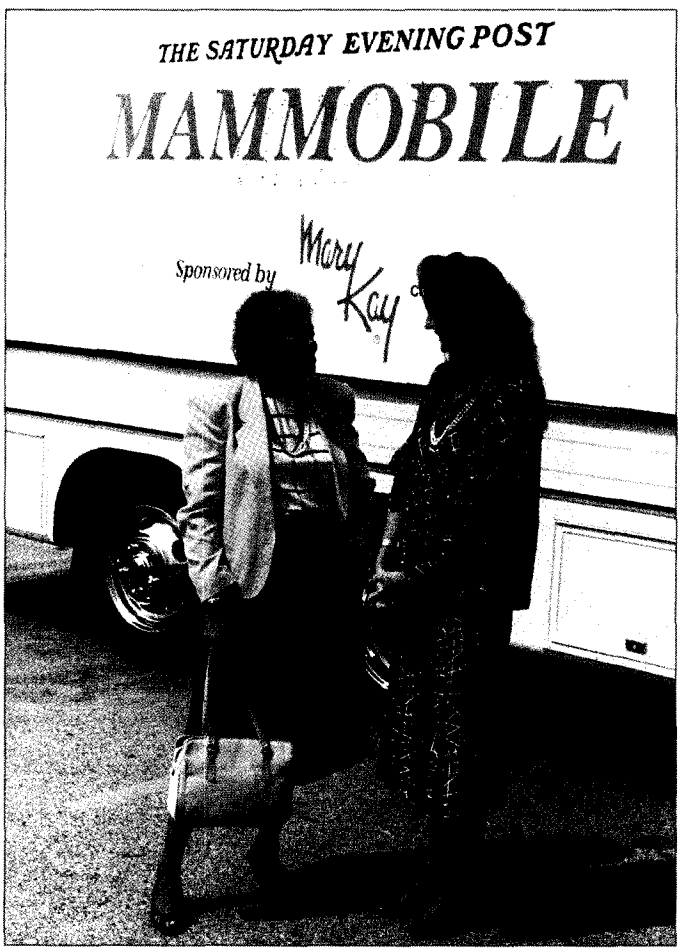
Who would ever guess that the handsome, three-time Olympic gold-medal track star Wilma Rudolph is over 35? Or that she's a grandmother? Or that she's been identified as a potential high-risk future cancer victim?

Wilma was one of several celebrities who enthusiastically accepted our recent invitation to gather in Indianapolis, board the 28-foot-long mobile cancer-screening unit, and examine its low-radiation mammography equipment. Several visitors gamely submitted to the free screening and asked, "Is that all there is to it?" when the simple procedure was completed.

Dr. Pat Harper, well-known among radiologists for her outstanding research on breast imaging, set up the protocols in the Mammobile. She assured us that the Thomson-CGR mammography equipment in the mobile van would give the same excellent results as if it were permanently installed in a clinical setting. In fact, the equipment is identical to that she uses daily.

Those who arrived as skeptics went home as confirmed believers, thanks to comments from therapeutic radiologist Dr. Peggie Findlay, who emphasized the startling projection that more than 40,000 deaths will result from breast

"I don't believe in spreading gossip, but there's no point getting sick by keeping things all bottled up inside you."



Carol Floyd (right), a Mary Kay spokeswoman from Dallas, greets Barbara Boyd, TV celebrity of ABC's Indianapolis station WRTV. Mrs. Boyd, who has lost one breast to cancer, has done an outstanding job of alerting her TV audience to the importance of mammography. Her remaining breast is at high risk; she has just completed her mammogram test in the mobile unit.

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June Allyson
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Beverly LaHaye, president of the 540,000-member Concerned Women for America, flew from Washington to be mammogramed during the Indianapolis launching of the Mammobile. The mammogram awareness program has been made possible by the sponsorship of Mary Kay Cosmetics, which is providing matching funds to cover costs.

cancer this year and that early detection permits breast-conserving lump removal rather than breast removal. Findlay was the radiologist in charge of the large randomized double-blind study at the National Cancer Institute in which lumpectomies (lump removals) with radiation and mastectomies were compared. She reported that newly released preliminary results show that lump removal with radiation is just as effective as breast removal and that the survival rate is equally good. Some of these women in the study have been followed for seven years.

Findlay's announcement gives women a great deal of incentive to be mammogramed for early detection. Both Dr. Harper and Dr. Findlay agree that as a group, lumpectomy patients do far better psychologically than mastectomy patients. Mammography can locate a growth three to four years before self-examination reveals it and before a physician could feel it.

U.S. Secretary of Health and Human Services Dr. Otis Bowen added his endorsement of our pilot program: "I regret that my being out of the country has prevented my sharing in this occasion with you. I commend the Saturday Evening Post Society and Mary Kay Cosmetics Inc. for their commitment to women's health and their undertaking this important new program. We at the Department of Health and Human Services are especially pleased to see partnerships such as yours expand all of our efforts in cancer prevention and control."

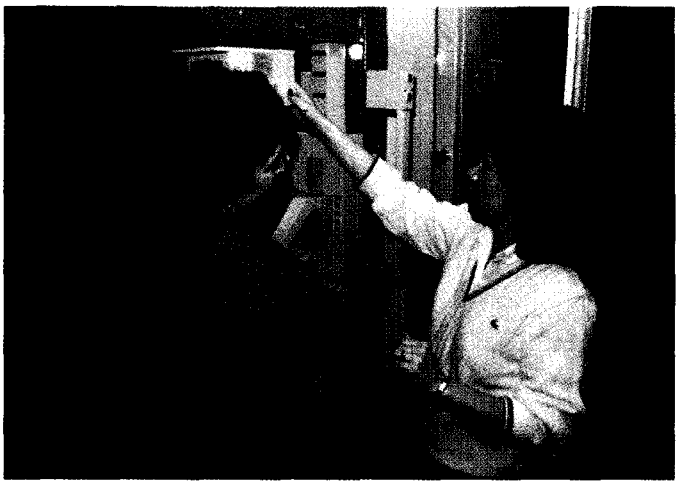
Dr. Vincent T. DeVita, Jr., director of the National Cancer Institute, challenged Mammobile visitors to help the institute reach its objective of administering annual mammograms to 45 percent of peri- and postmenopausal women by 1990, and 80 percent by the year 2000.

"We will not be able to reach our goal unless we let women and doctors know of the advantages of mammography screening and make such screening affordable and convenient," Dr. DeVita stressed. "If this nation is to solve the cancer problem, if we are to cut cancer incidence and mortality, if we are to do it quickly, we need more partnerships and programs like this one being launched today."

The Mammobile included a framed proclamation stating, "I, Robert D. Orr, Governor of the State of Indiana, do hereby proclaim Mammogram Awareness Week in the State of Indiana, and encourage all Hoosier women over 35 years of age who haven't had a mammogram to get one as soon as possible."

Our Society's very special collaboration with Mary Kay Cosmetics Inc. evolved after results from a *Saturday Evening Post* readers' survey were tallied by the National Cancer Institute. The tabulation indicated that only 15 percent of respondents over 50 years of age—a high-risk group—receive annual mammograms. A staggering number of women over 35 had never had baseline mammograms. Why? Some poll participants insisted their doctors never recommended screenings; other readers assumed that no symptoms meant no screening was necessary; several respondents were concerned about X-ray exposure; and many cited costs as being prohibitive because they weren't covered by their health insurance.

The purpose of the Mammobile is to address these issues. We not only have to increase awareness of breast cancer and emphasize the promise of recovery through early detection, but we also need to dispel stubborn old wives' tales. Take the issue of radiation, for instance. Women who avoid mammograms because they fear exposure must be taught that new mammography equipment is so low in radiation that the risk is practically nonexistent. Any "danger" could be equated to that of smoking half a cigarette. And that was before the Eastman Kodak Company came out just last week with the good news that it has developed a new film that reduces radiation by 60 percent. This development might mean the risk would be less than



"Is that all there is to it?" asked Beverly LaHaye (left), who lent her support to the project by proving her confidence in the low-radiation state-of-the-art mammography being provided in the Mammobile. Delighted local members of Concerned Women for America presented her with a bouquet of roses.

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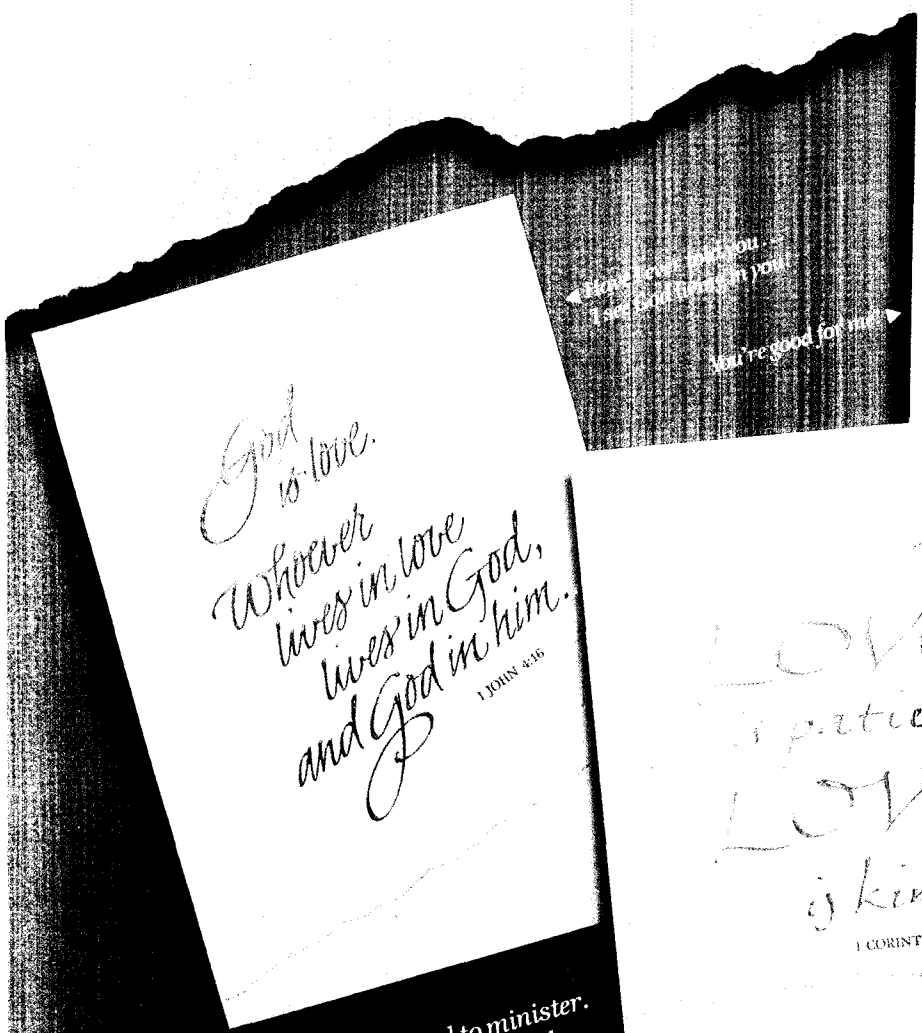
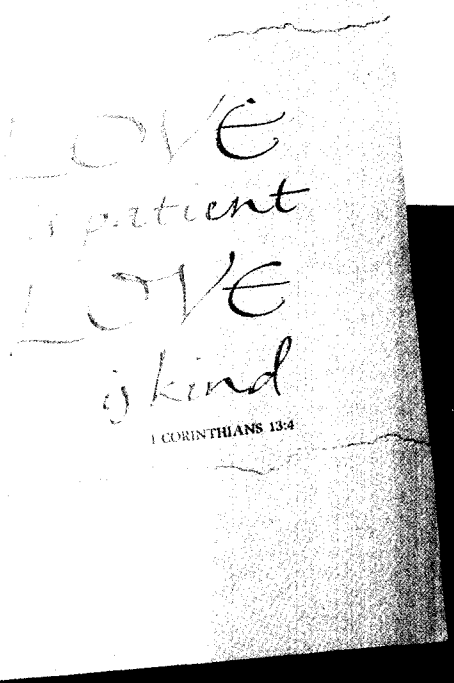


A cheerful look brings joy to the heart, And good news gives health to the bones.
PROVERBS 15:30



Thanks for putting up with me in all my imperfections.

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Pat Boone

DaySpring

"When You Want to Share Your Heart & God's Love"

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that of one-fourth of a cigarette. . .or a mere puff or two.

We hope that the splendid example set by Mary Kay Cosmetics will encourage other civic-minded corporations to come forward with matching funds for the Society's Mammobile. So far it costs $40 for the radiologists and technicians to complete each mammogram for us. Your Society is providing matching funds with corporate sponsors that will pay for one-half of each mammogram, which we offer free to cause more women to become aware of their great need for regular mammograms. As more mammograms are being given, undoubtedly the costs for this diagnostic procedure will come down.

Urologist Glad to Know about Calcium Citrate

Dear Dr. SerVaas:

I hope you still have the questionnaire and research diet available, as you mentioned in the March *Saturday Evening Post*. My husband has had ulcerative colitis (diagnosed as such) since 1956—also rheumatoid arthritis, and has had five operations for kidney stones, four in the past two years. He is on three diets—low oxylates, low fat, and no milk products in any form.

We are curious about your diet, and if we can help your research project we'd be more than glad to.

Thanks to the *Post*, he is now taking Citracal. Our urologist was glad to read about it. Citric acid in other forms had upset my husband so he hadn't been able to take it.

Genevieve Busse
Onalaska, Wisconsin

We are observing that irritable-bowel disease is often a problem for members of our Kidney Stone Formers Club. Your diet is on its way.

Location Problem

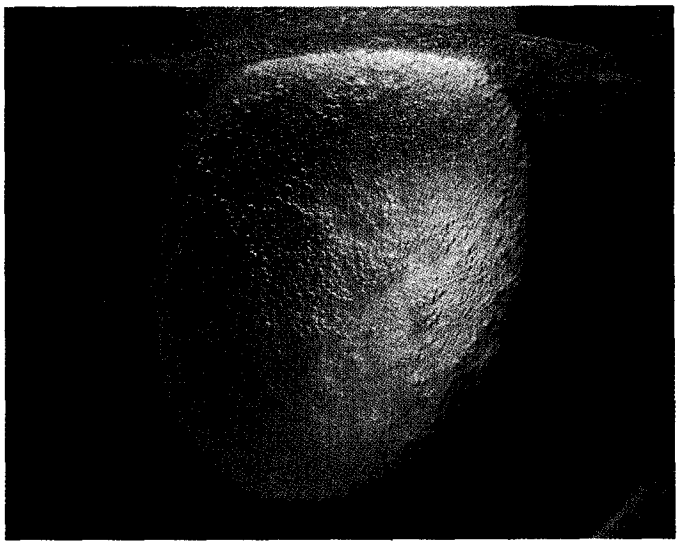
Dear Dr. SerVaas:

I read the article "Boning up on Calcium" in the April 1986 issue and am interested in trying Citracal (calcium citrate). I have contacted several drugstores, but I'm unable to locate any.

Will you please let me know where I might be able to find Citracal?

Violet MacNeilly
Chester, Pennsylvania

"I see. . .and how long have you had these sneezing attacks?"



When children tap the egg in the bowl of vinegar, the carbon dioxide bubbles drop off and the egg sinks. As the calcium carbonate from the eggshell reacts with the vinegar, more bubbles appear. Lightning struck Dr. Pak and he suddenly realized why about 25 percent of women get gas and bloating when they take calcium carbonate. For those women calcium citrate is a blessing.

We have received many requests for further information on calcium citrate under the trade name Citracal.

Calcium citrate is made by Mission Pharmacal Company, 1325 E. Durango, San Antonio, TX 78210. You will need to contact the company directly and request a list of outlets in your area, or information about how to get it by mail.

A Rose by Any Name

Dear Dr. SerVaas:

I am very much interested in your article on calcium, but I am disturbed by the fact that you refer to it as a "drug." I was recently advised to take OYSCO (calcium carbonate), 1,000 mg. a day. I could not tolerate that much, and would like to try "Citracal," but not if it is a drug.

Please clear this up.

Wilma D. Kellogg
Sycamore, Illinois

You are correct—calcium would best be called a food supplement rather than a drug. Since the various calcium supplements are produced by drug companies, writers may refer to them as "drugs." Now bakeries and soft-drink makers are adding calcium supplements to their products.

Sweet Irritant

Dear Dr. SerVaas:

I've tried two food supplements, Ensure and Sustacal, and am unable to take either. I'm allergic to milk, and though the Sustacal is lactose free, it caused problems. Both of them contain calcium caseinate. I'm told that is from a milk protein. Is that correct?

Gladys Williams
Concord, California

Calcium caseinate is made from milk. Food supplements may be lactose free, but they may contain corn sweetener that causes problems for some people. We're sending you a Colitis Club diet.

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The Egg and You

Dear Dr. SerVaas:

I've tried taking calcium supplements because I know I should. My mother broke her hip from osteoporosis. However, whenever I take calcium, I'm bothered by gas and bloating. It's painful and makes my waistline seem inches larger. Does calcium citrate really make a difference? Where can I get it?

Shirley Morgan
Grand Rapids, Michigan

I too suffered bloating and gas from calcium-carbonate tablets I was taking. Quite by chance Dr. Charles Pak of the University of Texas Health Science Center told me in an interview of an amazing discovery he had made in a most serendipitous manner. He was watching an experiment at the Franklin Institute Science Museum in Philadelphia, where an egg kept rising to the surface of a bowl of vinegar. Eggshells are made of calcium carbonate, he told me, which reacts with the vinegar and causes carbon-dioxide bubbles that float the egg to the surface. It dawned on Dr. Pak then and there why 25 percent of women can't take calcium carbonate. It is carbonate reacting with hydrochloric acid in the stomach that gives off carbon dioxide. The gas does not occur with calcium citrate, he told me. I

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Calcium Citrate

the best way to get your daily calcium. . .

Here are three reasons why you should be taking Citracal®, Calcium Citrate...

Researchers at a major medical center in Dallas have discovered that calcium citrate is absorbed up to 66% better than calcium carbonate, the source of calcium found in most of the calcium products in the marketplace. This new product is called **Citracal®** and is available at your pharmacy.

Since **Citracal®** is so much better absorbed, it is reasonable to conclude that you can take less **Citracal®** calcium and do a better job.

Most calcium products using calcium carbonate are large "horsepills" which are difficult to swallow. Since it is so important to take your calcium everyday, wouldn't you like to take **Citracal®** which is a small, easy to swallow tablet?

Ask your doctor or your pharmacist about Citracal® today.

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switched to calcium citrate instead of calcium carbonate, and sure enough, all signs of gas and bloating disappeared. Thank you, Dr. Pak!

He further explains that this reaction, more likely to occur in younger persons who still have good stomach secretions, does not occur in those who use a calcium-citrate supplement. Older people also benefit from calcium citrate, because their ability to absorb calcium decreases with decreased acid secretions. Enhanced absorbability with calcium citrate was demonstrated by Dr. Pak's study of healthy individuals with no kidney or bone problems: ". . .the amount of calcium absorbed from calcium citrate given orally is greater than that absorbed from an equivalent amount of calcium carbonate."

Calcium absorption and relief from bloating are just two important benefits of calcium citrate. If you also happen to be a former of calcium kidney stones, Dr. Pak says that the calcium citrate also helps get the calcium you need while decreasing the chances of precipitating it out as a stone. Two circumstances in which calcium citrate is useful, Dr. Pak says, involve stone formers who have irritable-bowel diseases and those who are prone to osteoporosis.

Unfortunately, we haven't been able to find Citracal in our area yet. Mission Pharmacal Company assures us it is working very hard to distribute the product nationwide. You may want to contact the manufacturer directly to find out where it will be available in your area. The address is shown on page 110.

Vitamins Instead of Sulfites

Dear Dr. SerVaas:

We enjoy your lectures on CBN-TV very much.

The last one on sulfites was very interesting. It reminded me of a discovery I made. Vitamin C crystals in a very diluted water solution, poured over lettuce and other green salads, will keep them from getting rust-colored due to oxidation. Also, if you rub the crystals on cut apples or pears they will keep for days in the refrigerator without turning dark.

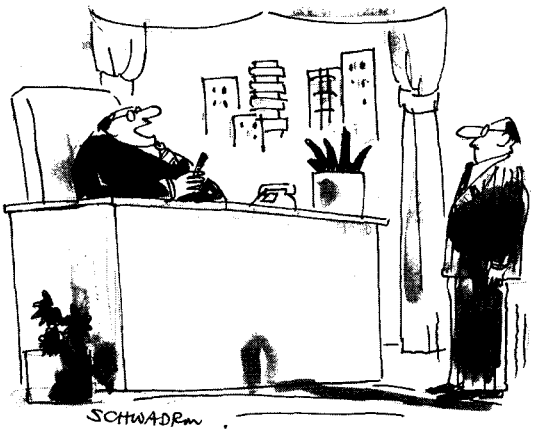
When we cook fruit we add a half teaspoon of crystals in a quart to preserve the light color. It works on tomatoes, too.

When my eyes itch, I put a pinch of the crystals in a cup of water. I slap it on my eyes and the itching stops.

We are growing lysine corn again this year.

Philip H. Faucett
Eureka Springs, Arkansas

We'd like to urge restaurants and grocery stores to use Vitamin C instead of sulfites to keep their produce and salads looking fresh.



"I misjudged you, Osgood. At first I thought you were a mover and a shaker. Now I see you were just trembling."

Lysine Helped

Dear Dr. SerVaas:

I am writing about your segment on the "700 Club" in regard to L-lysine.

I have been subjected to cold sores or fever blisters for as long as I can remember. Too much sun will bring them out—nervousness, etc.

After hearing you that day, I started taking L-lysine (500 mg) once every day. I have not had any cold sores! The reason this is such a miracle is that my husband (age 61) had coronary-bypass surgery on January 27, and all through the testing, the changing of medications, the terrible reactions to the changes, the angiogram, and finally the coronary bypass itself (which surely in the past would have produced a "crop" of fever blisters), there have been none.

Mrs. Fred W. Zilke
Oxnard, California

Liberty's New Look

continued from page 102

20 light pits placed at the statue's base. Some lights will illuminate the statue's body; others, trained higher, will reflect off the gold-leaf-covered flame to create the effect of a lighted torch. Lighting engineers have been conducting tests for six months to make sure all is ready when President Reagan visits on the night of July 3 for the official rededication ceremony.

When you see the restored Statue of Liberty on television during the Fourth of July weekend, she will look even better than she did at her first unveiling, her future assured for at least another 100 years. Liberty will continue to stand for freedom and opportunity, especially for immigrants—like Harry, Jack, Murray, and Izzie.

• • •

Whatever happened to them? Well, Izzie, Jack, and Murray became furriers, and Harry became a candy wholesaler. They all married. Izzie had no children. Jack's son is a messenger in Los Angeles. Harry's son fled the United States to Canada, to escape the Vietnam War draft, and is now a Canadian citizen.

Murray's son wrote this article. ✖

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WHERE DO YOU THINK YOU ARE?

(Answers from page 96)

1. Hawaii	2. Georgia	3. Florida
4. Connecticut	5. California	6. Mississippi
7. North Carolina	8. Maryland	9. Michigan

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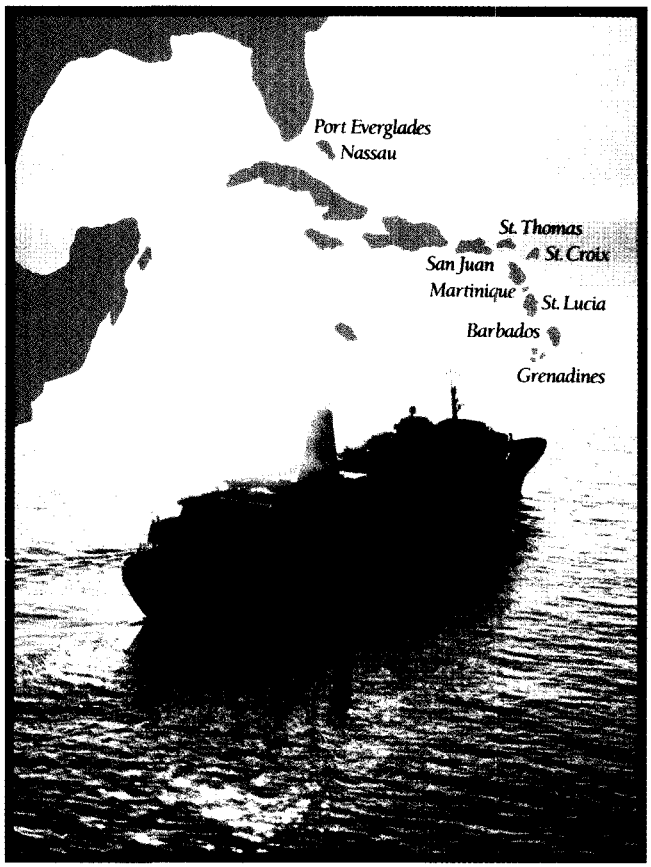
Sail the newest Princess to the best of the Caribbean.



Meet the new Sea Princess. A world-class beauty with an international reputation.

And now, she's being completely—and lovingly—transformed from stem to stern. When we're finished, she will be every inch a Princess.

With a glittering new casino reminiscent of Monte Carlo. Elegantly appointed lounges and bars. Two heated outdoor pools and spas. A fully-equipped health club. A spacious gift shop. Six brand-new suites, each with its own private spa.

Yet we're taking care to preserve all the traditional qualities that made the Sea Princess a favorite of Europe's elite. From her handsome mahogany trim to her extra large staterooms to her sparkling indoor pool.

All the pleasures you've come to expect from a Princess. Friendly British officers will make you feel at home. A gracious Italian dining staff will delight you with award-winning cuisine. And you'll be dazzled by fabulous Broadway-style revues. You'll discover why *Travel-Holiday* magazine rated Princess first among cruise lines.

The best of the Caribbean in 9 days. Beginning Dec. 20, the Sea Princess will sail between Port Everglades and San Juan on the most unique 9-day itineraries ever offered in the Caribbean. Long enough to experience the contrasting cultures of British Barbados, French Martinique and the Danish charm of St. Croix. Find bargains in the duty-free shops of St. Thomas and the open markets of St. Lucia. Enjoy an all-day beach party on Princess' private paradise in the Grenadines. And still spend two full days relaxing at sea.

Save $600 and fly free. When a ship is crowned a Princess, there's reason to celebrate. And we'd like you to join us. That's why we're making this special introductory offer. Give us your deposit by Sept. 1 and save $600 per couple. Plus, fly free to and from the ship.

So call 1-800-421-0522, ext. 97 or your travel agent right now and take advantage of this special offer. And help us inaugurate the newest Princess in the fleet.

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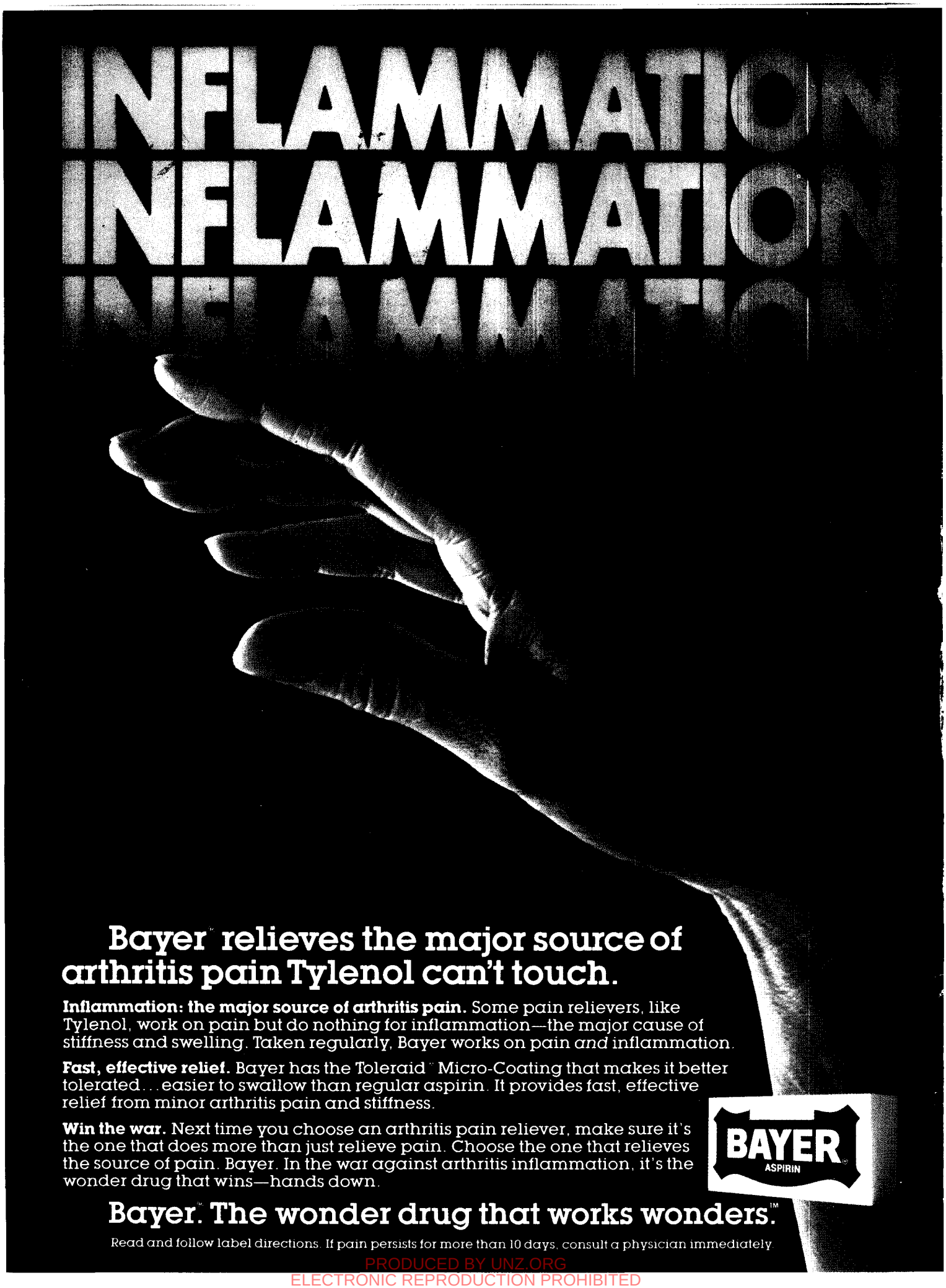

Bayer® relieves the major source of arthritis pain Tylenol can't touch.

Inflammation: the major source of arthritis pain. Some pain relievers, like Tylenol, work on pain but do nothing for inflammation—the major cause of stiffness and swelling. Taken regularly, Bayer works on pain *and* inflammation.

Fast, effective relief. Bayer has the Toleraid™ Micro-Coating that makes it better tolerated . . . easier to swallow than regular aspirin. It provides fast, effective relief from minor arthritis pain and stiffness.

Win the war. Next time you choose an arthritis pain reliever, make sure it's the one that does more than just relieve pain. Choose the one that relieves the source of pain. Bayer. In the war against arthritis inflammation, it's the wonder drug that wins—hands down.

BAYER® ASPIRIN

Bayer®. The wonder drug that works wonders.™

Read and follow label directions. If pain persists for more than 10 days, consult a physician immediately

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